

THE
CASTLE.

OF
HELMH

—

EDITION

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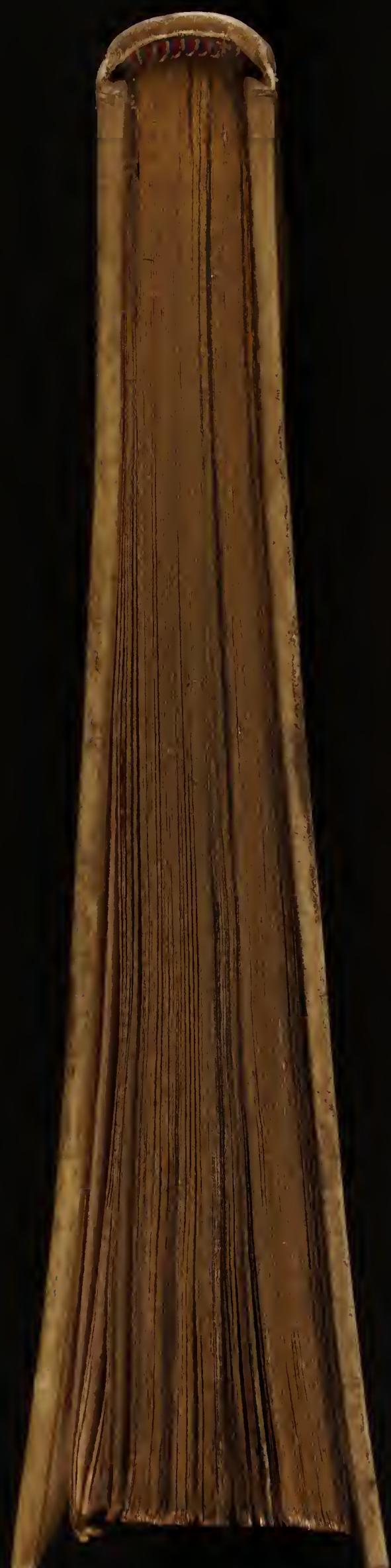
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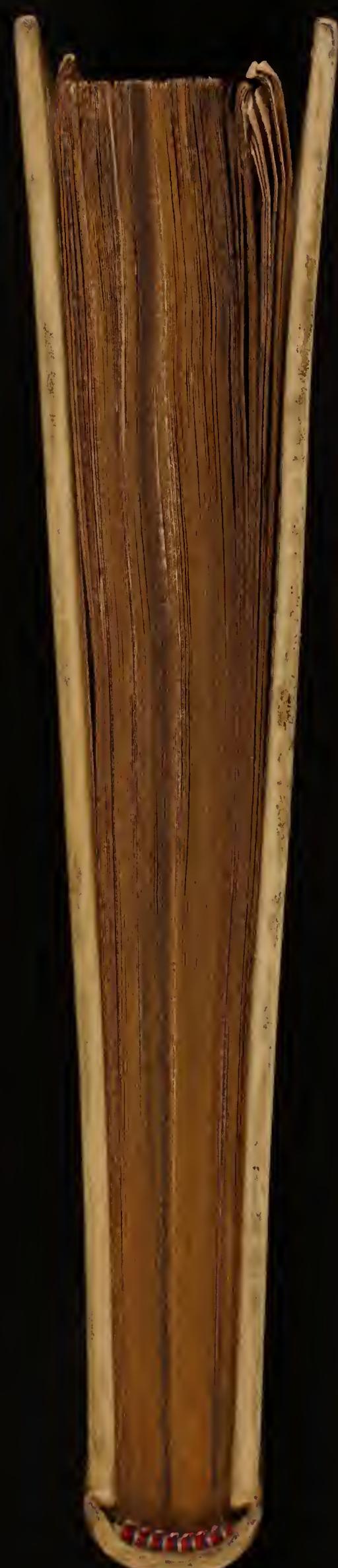
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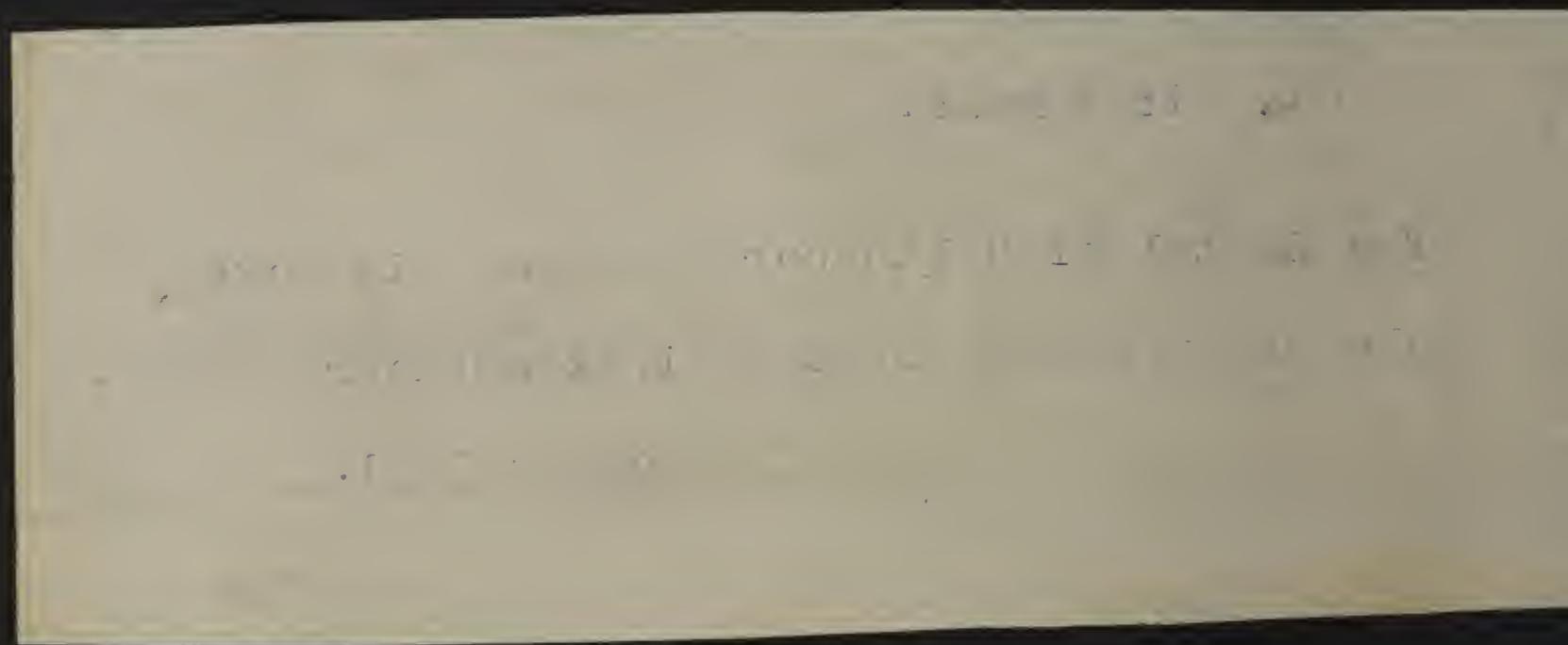
PRESS MARK

ELYOT, Sir T.

ELYOT, Sir Thomas.

The Castel of Helth corrected and in some
places augmented by the first authour therof.

London 1541.



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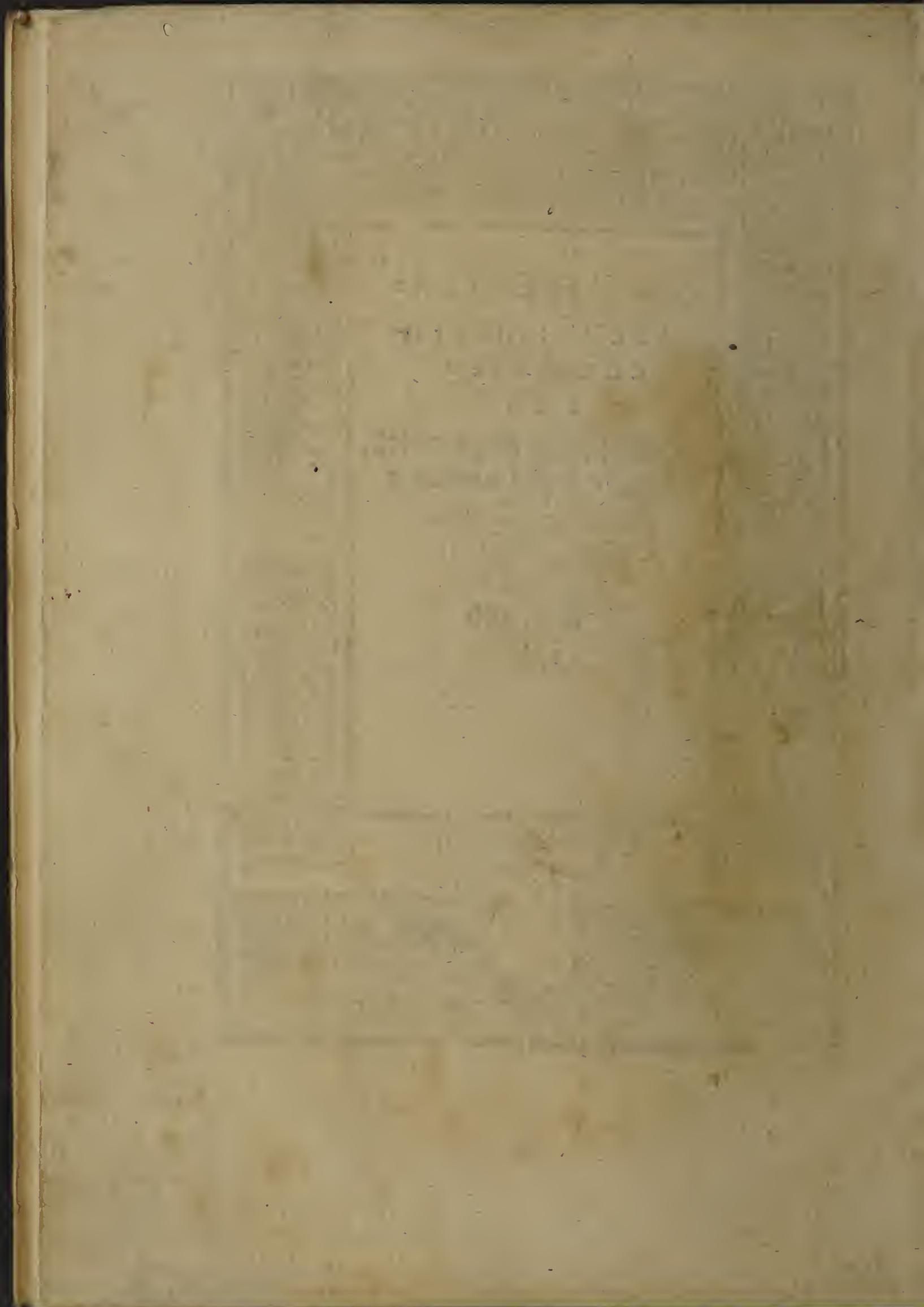
VI

SE THE CA-
STEL OF HELTH
CORRECTED
A N D

in some places augmented,
by the fyſte authour
therof, syr Thomas
Elyot knyght,
the yere of
oure lord

1541

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THE PROHEME OF
SIR THOMAS ELIOT KNYGHT
in to his boke, callyd the Castel
of helthe.



ALLEN the most excellēt phisition
fearyd, that in wrytyng a com-
pendiouse doctrine for the curing
of syckenes, he shoulde lose all his
laboure, for as moche as no man
almoste dyd endeuoure hym selfe
to the syndynge of truthe, but that all men dyd so
moche esteme ryches, possessions, authority, and
pleasures, that they supposid them, whiche were
studious in any parte of Happleynce, to be madde
or distracte of theyre wittes: for as moch as they
demid the chise Sapience (whiche is in knowlege
of thynges belongyng as wel to god as to man)
to haue no beryng. Sens this noble wryter found
that lacke in his tyme, whan there flourysched in
sundry contrayes a great multitude of men excel-
lent in al kyndes of lerning, as it yet doth appere
by some of theire warkes, why shuld I be greuyd
with reproches, wherewith soone of my countray
do recompence me, for my labours taken without
hope of temporall rewarde, onely for the feruent
affection whiche I haue euer borne toward the
publike weale of my countray: A worthy matter,
sayth one, sy^r Thomas Elyot is become a Phisi-
tion, and wrytethe in phisik, whiche besemeth not
a knyght, he mought haue ben moch better occu-

Method.
li. i. fo. i.

A. ii. pyed.

THE PREFACE.

pied. Truly if they wil calle him a phisition, which
is studiouse about the weale of his countray, I
witsaufe they so naime me, for durynge my lyfe I
will in that affection alway contynue. And why,
I pray you, shulde men haue in disdayne or small
reputation the science of phisicke? whiche beinge
wel vnderstande, truly experienced, and discretely
ordered, dothe conserue helthe, without the which
all pleasures be peyneful, ryches vnproufytalbe,
company anotiance: strength tourned to feblenes,
beauty to lothesomnes, sencis are dispersid, elo-
quence interrupted, remembraunce confoundyd.
which hath bene considerid of wyse men not onely
of the pryuate estate, but also of Emperours,
kynges, and other great pryncis, who for the vni-
uersall necessity and incomparable vtility, which
they perceyuyd to be in that scyence of physycke,
they dyd not onely aduaunce and honour it with
speciall pryuileges, but also dyuerse and many of
theym were therin ryght studiouse, in soo moche
as Iuba the kyng of Maurytania and Lybia,
founde oute the vertuouse qualities of the herbe
called Euforbium. Gentius kyng of Illiria,
founde the vertues of Gentiane. The herbe Lysi-
machia, take his name of kinge Lysimachys. Mi-
thridates the greate kyng of Ponthus, founde
syste the vertues of Scordion, and also inuented
the famouse medicine ageynst poysone, callid Mi-
thridate. Arthemisia queene of Caria, founde the
vertues of motherworte, which in latyne bearith
her name, whereby her noble renome hath lengar
continued,

THE PREFACE.

continued, than by the makynge of the famousse monument ouer her dead husband, callyd Mausoleum, although it were recknyd amonge the wonderfull warkes of the wold: and yet her name with the sayd herbe stil abydethe, whyles the sayd monument a thousand yeres passid was utterly dissoluyd. It semith, that phisicke in this realme hathe ben well estemid, sens the hole Sudye of Salerne, at the request of a kynge of Englande, wrate and set forth a compendious and profitable treatyse, callyd the Gouernaunce of helthe, in latyne Regimen sanitatis. And I truste in almighty god that our soueraygne lord the kinges maiesty, who dayly preparith to stablyshe among vs true and vncorrupted doctrines, wyll shortly examine also this parte of studye, in suche wyse, as thynges apte for medicin, growynge in this realme, by conference with most noble authours may be so knownen, that we shall haue lesse neede of thynges brought out of farre countaynes, by the corruption wherof innumerable people haue perisched, withoute blame to be giuen to the phisitions, sauyng onely, that some of them not diligent inough in beholdynge their drouges or ingredience at all tymes dispensid and tried.

¶ Belydes the sayde kynges, whome I haue rehersed, other honorable personagis haue writen in this excellent doctrine, and not only of the speculatyue parte, but also of the practyse therof: whose warkes doo yet remayne vnto their glory immortall, as Abicena, Abensoar, Rasis, Corne-

THE PREFACE.

Iulus Celsus, Serenus, and whiche I shoulde haue first namid, Machaon and Podalirius, noble dukes in Grecia whiche came to the syege of Troy, and brought with them. xxx. great shippes with men of warre. This well consideryd, I take it for no shame, to studye that science, or to sette fourthe any booke of the same, beyng thereto prouoked by the moste noble and vertuouse example of my noble mayster kyng HENRY the VIII. whose helthe I hartely pray god as longe to preserue, as god hath constitute mans lyfe to contynue: for his highnes hath not dysdained to be the chief authour and settar fourthe of an Introduction in to grammer, for the childeyne of his louing subiectes, wherby, hauing good maisters, they shall moste easly and in shorte tymme apprehend the vnderstanding and fourme of speaking of true and eloquent latyne. O royll harte, full of very nobisly. O noble brest, settynge fourthe vertuouse doctryne, and laudable study. But yet one thyng moche greuyth me, that notwithstanding I haue euer honoured, and specyally fauored the reverend college of approuid phisitiōs, yet some of them hearyng me spoken of, haue said in derision, that all though I were pretely seene in histoyres, yet being not lernyd in phisicke, I haue putte in my booke dyuerse errores, in presuminge to wryte of herbes and medicines. firste as concernyng histoyres, as I haue plantyd them in my warkes, beinge wel vnderstand, they be not soo lyght of importaunce as they done esteime

THE PREFACE.

esteme theym, but may moze surely cure mennes
affections, than diuerse phisitions doo cure mala-
dyes. Nor whan I wrate fyse this boke, I was
not all ignorant in phisycke. soze before that I
was. xx. yeres olde, a worshipfull phisition, and
one of the moste renouined at that tyme in Eng-
land, perceyuyng me by nature inclined to know-
ledge, rad vnto me the woxes of Galene of tem-
peramentes, natural faculties, the Introduction
of Johānius, with some of þ Alphorismes of Hip-
pocrates. And afterwarde by mine owne study,
I radde ouer in order the moze parte of the war-
kes of Hippocrates, Galen⁹, Oribasius, Paulus
Celius, Alexander Trallianus, Celsus, Plinius þ
one and the other, with Dioscoydes. Nor I dyd
ominit to reade the longe Canones of Avicena, þ
Commentaries of Averrois, þ practisys of Isake,
Halyabbas, Rasy, Mysue, and also of the moze
part of them whiche were their aggregatours and
solowers. And all though I haue neuer ben at
Mōtpellier, Padua, nor Salern, yet haue I foud
some thyng in phisycke, whereby I haue taken
no little profyte concernyng myne owne helthe.
Mozeouer I wote not why phisitions shold be
angry with me, sens I wrate and dyd set fourth
the Castel of helthe for their commodity, that the
vncertayne tokens of vrynes and other excre-
mentes shold not deceyue them, but that by the
true information of the sycke man, by me instru-
ctid, they mought be the moze sure to pzepare me-
dicines conuenient for the diseasis. Also to the
intent that men obseruyng a good order in diete,

and

THE PREFACE.

and preuenting the great causys of sickenes, they shoulde of those maladyes the soner be curyd. But if phisitions be angry, that I haue wryten phisike in englyshe, let theym remembre, that the grekes wrate in greke, the Romanes in latyne. Albicena, and the other in Arabike, whiche were their owne propre and maternal tonges. And if they had bene as moche attached with envy and couaytise as some nowe seeme to be, they wolde haue deuyled somme particular language, with a strange syphre or fourme of lettres, wherin they wold haue wryten their science, which lāguage or lettres no man shoulde haue knownen that hadde not professyd and practised phisycke: but those, although they were painimes and Jewes, in this parte of charitey they farre surmountid vs Christianes, that they wolde not haue soo necessary a knowledge as phisicke is, to be hyd frome them, whych wolde be studiouse aboute it.

Cffynally god is my Juge, I wryte neyther for glōy, rewarde, nor p̄romotion, only I desyre men to deme wel myne intent, sens I dare assure them that all that I haue wryten in this boke, I haue gathered of the moste princypall wrytars in phisicke. which beinge thzoughly studied and well remembred, shalbe profitabile (I doubtnot) vnto the reder, and nothyng noyouse to honeste physytyons, that doo measure theyre study, with moderate lyuinge and Christiane Charity.

THE TABLE



T M V S T E B E R E M E M B R E D,
that the number in the Table, dothe
sygnify the leaf, and the letter A, doth
sygnifie the fyrist page or syde, the let-
ter B, the seconde page or syde.

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thinges belogynge
b to

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¶ Thus endeth the Table.



O THE CONSERVATION
of the body of mankynde, within
the lymitation of helth (whiche as
Galene saythe) is the state of the De tuer-
da samita
te lib. 1.
body, wherin we be neyther gre-
ued with peyne, nor lette from do-
inge our necessary busynesse, doth belonge the di-
lygent consyderation of thre sortes of thynges,
that is to say,

{ Thynges Naturall,
{ Thynges not naturall, and
{ Thynges agenst nature.

Thynges Naturall be. vii. in number.

{ Elementes. { Powers.
{ Complexions, { Operations and
{ Huinours. { Spirits.
Members.

These be necessary to the beinge of helth, ac-
cordaninge to the order of their kynde: and be al-
way in the naturall body.

Thynges not naturall be syre in number.

{ Alye. { Emptinesse and re-
{ Meate and drinke. { pletion, and
{ Sleppe and wachte. { Affections of the
Meuinge and rest. mynde.

Thynges agenst Nature be thre.

{ Syckenesse.
{ Cause of syckenesse.
Accident, whiche foloweth sickenes.

B Annered

THE F Y R S T E

Classened to thynges naturall.

{ Age. { Sygure, and

{ Colour. { Dyuersitie of kindes.

CTHE Elementes be those originall thinges
vnmyxt and vncompounde, of whose temperāce
and myxture all other thynges, hauyng corpor-
all substaunce, be compacte: Of them be foure,
that is to saye.

{ Erthe. { Ayre and

{ water. { Syre.

CERTHE, is the mooste grosse and ponde-
rouse element, and of her proper nature is colde
and drye.

CWATER, is moze subtyll and lyght thanne
erthe, but in repecte of Ayre and Syre, it is grosse
and heuye, and of her proper Nature is colde
and moiste.

CEYRE, is moze lyghte and subtyll than the
other two, and beinge not altered with any exte-
riour cause, is properly hote and moiste.

CFYRE, is absolutely lyght and cleare, and is
the clarifier of other elementes, if they be vycy-
ate or out of their naturall temperaunce, and is
properly hote and drye.

CIT is to be remembred, that none of the sayd
elementes be comonly sene or felt of mortall men,
as they are in their originall being: but they, whi-
che by our senses be perceyued, be corrupted with
mutual mixture, and be rather erthy, watry, airy,
and syry, than absolutely erth, water, ayre, & syre.

¶

Of the complexion of Man. Cap. 2.

COMPLEXION is a combynation of two dyuers qualities of the fourre elementes in one bodye, as hotte and drye of the fyre: hotte and moyste of the ayre, colde and moyste of the water, colde and dry of the Erth. But although all these complexions be assembled in euery body of man and woman, yet the body taketh his denomination of those qualties, whiche abounde in hym, moze thanne in the other, as hereafter inneweth.

C The Bodye, where heate and moysture haue souerayntie, is called Sanguine, wherin the Ayre hath preeminence, and it is perceyued and known by these sygnes, whiche do folowe,

Carnositie or flesshynesse.
 The baynes and arteries large.
 Heare plentie and redde.
 The visage white and ruddy.
 Sleape moche.
 Dremes of blouddy thynges, or thin-
 ghes pleasaunt.
 Sanguine. Pulse great and full.
 Digestion perfecte.
 Angry shorly.
 Siege, brine, and sweate abundaunt.
 Fallynge shorly in to bledyng.
 The brine redde and thicke.

B.ii. 22

THE F Y R S T E

Cwhere colde with moysture preuayleth, that body is called Fleumaticke, wherin water hath preeminence, and is perceyued by these signes.

Fleumaticke

- Farnesse, quauinge and softe.
- Waynes narowe.
- Heare moche and plaine.
- Colour white.
- Sleape superfluous.
- Dreames of thynges watry or of fysshē.
- Slownesse.
- Dulnesse in lerninge.
- Smallnesse of courage.
- Pulse slowe and lyttell.
- Dygeston weake.
- Spytell white, abundant, and thicke.
- Urine thick, white, and pale.

Cholerike is hote and dry, in whome the fyre hath preeminence, and is discerned by these sygnes folowinge.

Cholerike

- Leanesse of body.
- Costyfenesse.
- Heare blacke or darke aburne curled.
- Uisage and skyn red as fyre, or salowe.
- Hotte thynges noyfull to hym.
- Lyttell sleape.
- Dreames of fyre, fyghtynge, or anger.
- Syppe sharpe and quycke.
- Hardy and fyghtynge.
- Pulse swifte and stronge.
- Uryne hyghe coloured and cleare.
- Joyce sharpe.

Me

Melançolyke is colde and drye, ouer whome the earth hath dominio, & is perceyued by these signes

Leanness with hardnesse of skynne.

Heate playne and thynne.

Colour duskysh, or white with leannes.

Moche watche

Dremes fearefull.

Stiffe in opinions.

Digestion slowe and yll.

Cymorous and fearefull.

Anger longe and frettinge.

Pulse lytle.

Seldome lawghyng.

Urine watry and thynne.

Melanco
like.

Besydes the sayd complexions of all the hole bodye, there be in the particuler members, complexions, wherin if there be any distemperaunce, it bryngeth syckenesse or griefe in to the member. Wherfore to knowe the distemperature, these signes folowinge wold be considered. For sene, that it be remembred, that some distempertures be syngle, and some be compounde. They whiche be syngle, be in syngle qualities, as in heate, colde, myoste, or dry. They whiche be compounde, are in compounde or myxte qualities: as heate and moisture, heate and drythe, colde and myoste, colde and drye. But nowe fyre we wyll speake of the syngle complexions, of euery pryncipall member, beginninge at the brayne.

THE FYRSTE

The heade and visage verrye redde
and hote.
The heare growinge faste blacke
and courled.
The vaines in the eyen apparant.
Superfluouse matter in the nose-
thrylles, eyen, and eares.
The head annoed with hote mea-
tes, dynikes, and sauours.
Slepe shorte and not sounde.

The brayne exce-
ding in cold hath

Moche superflustie running
oute of the nose, mouthe, ea-
res, and eyen.
Heare streight and fyne, gro-
wyng slowly, and flaxen.
The head disposed by smalle
occasion to pooses and
murrey.
It is sone annoed with cold
It is cold in touchinge,
Waynes of the eyen not sene.
Sleapy somwhat.

Moyste in ex-
cesse hath

Heares plaine.
Seldome or neuer valde,
Moyste dulle.
Moche superfluities.
Slepe moche and depe.

The braine
dyre hathe

No superfluities runnyng.
wyttes good and redy.
watchfull.
Heares blacke harde and fast gro-
wyng.
Balde shortly.

Complexions compouned.

Brayne hot and
moyste distempe-
red hath

The head akyng and heuge.
Fulle of superfluities in the
nose.
The southern wind greuous.
The Northern wind holsome.
Slepe deepe, but vnquyete.
with often wakynges, and
straunge dreames.
The senses and wytte vnper-
fecte.

Brayne hot and
drye dystempe-
red hath

Noone abondaunce of super-
fluities, whyche maye be
expelled.
Senses perfecte.
Moche watche.
Sooner balde than other.
Moche heare in chyldehoode
and blacke or browne, and
courlyd.
The head hot and ruddye.

The

THE F Y R S T E

Brayne
colde and
moist di-
stépered
hath

The senses and wytte dulle.
Moche sleape.
The head sone replenyshed with su-
perfluouse moysture.
Distillations and poses or murrees.
Not shortly balde.
Soone hirte with colde.

Brayne
cold and
dry disté-
ped hath

The head colde in felynge and with-
out colour.
The vaynes not appearynge.
Soone hirte with colde.
Oft en discrased.
Wytte perfecte in chilhode,
but in age dulle.
Aged shortly and balde.

Of the Harte.

The hart
hote disté-
ped hath

Moche blowinge and puffinge.
Pulse swifte and busye.
Hardynesse and manhode moche.
Promptnes actiuitie and quickenes
in doinge of thinges.
Fury and boldnesse.
The brest heary toward the lyft side.
The brest brode, with the head lytle.
The body hote, except the Lyuer do-
lette it.

The

The hart cold di-
stempred hath

The pulse very lyttell.
The bretche lyttell and slowe.
The breste narowe.
The body all colde, except the
lyuer dothe inflame it.
Fearefulnesse.
Scrupulosite, & moche care,
Curiositie.
Slownesse in actes.
The breste cleane withoute
heares.

The harte moiste
distempred hath

The pulse softe.
Sone angry & sone pacifyed.
The body all moist, except the
lyuer disposeth contrary.

The harte dry di-
stempred hath

The pulse harde.
Not lyghtly angry, but being
angry, not sone pacified.
The body dry, except the liuer
doth dispose contrary.

The harte hotte
and moyste

The brest and stomake heacy.
PROMPTNES in actes.
Soone angrye.
Fiersnesse but not so moche as
in hotte and drye.
Pulse softe, swifte, and busy.
Geth or wynd accordinge.
Shortly falleth into diseases
caused of putrifaction.

THE F Y R S T E

The harte poulse greatte and
swifte.
The b̄eth or wind accordaninge.
The b̄easte and stomake all
heavy.
The harte hotte
and drye hath
Quicke in his doinges.
Boldnes and hardinesse.
Swyft and hasty in mouinge.
Soone styyed to anger, and ty= rannous in maners.
The b̄easte b̄ode, and all the
body hotte and drye.

The pulse softe.
Fearefull and timorous.
Slowe.
The harte colde
and moyste hath
The b̄est clene without heare,
Hot hastylye angrye, nor re= tayninge angre.
The b̄east narowe.
All the body colde and moyste.

The harte colde
and drye hath
The pulse harde and lyttel.
The wynde moderate.
Seldome angrye, but whan
it hapneth, it dureth longe.
The b̄easte cleane withoute
heare and lyttell.
All the body colde and drye.

¶

Of the Lyuer.

The lyuer in hete
distempered hath

The baynes large and hard.
The bloud thicke by reson of
vehement heate consuminge
the suttel partes of moisture.
The bealy heary.

All the body hotte excedynge
temperance.

Moche red choler and bytter
in youth.

Moche blacke choler toward
age by adustio of red choler.

The lyuer colde di-
stempred hath

The baynes smalle.
Abundance of fleume.
The bloud thinne and fleu-
makyke.
All the body cold in feling,
The bealy without heare.

The lyuer moist di-
stempred hath

The baynes softe.
Moche bloude and thinne.
All the body moist in feling
except the harte disposeth
it contrary.

The lyuer drye di-
stempred hath

The baynes harde
The bloud lytel and thicke.
All the body drye.

THE F Y R S T E

Galenus
in arte par-
ua.lib.2.

THE complexions compounde, maye be de-
cerned by the sayde syngle qualyties. And here
it is to be noted, that the heate of the harte maye
banquyfhe the colde in the lyuer. For heate is in
the harte, as in the fountayne or spryng, and in
the Lyuer, as in the Ryuer.

Of the stomacke.

The stomake hot
distempered.

He digesteth welle, speciallye
harde meates, and that wyll
not be shortly altered.
Lyght meates, and soone al-
tered, be therin corrupted.
The appetite lyttell and slow.
He delytethe in Meates and
dynkes, whiche be hottie, for
euery natural complexion de-
lyteth in his semblable.

The stomak cold
distempered

He hath good appetite,
He dygesteth yll and slowely,
specyally grosse meates and
harde.
Cold meates doth ware soure
beinge in him vndigested.
He delytethe in Meates and
dynkes, which be Cold, and
yet of them he is indamna-
ged.

He

The stomake
moist distemperyd

He thyſteth but ſeldome, yet
he deſyreth to dynke,
with ſuperfluoule dynke
he is hurte.
He delyteth in moist meates.

The stomake dry
distempered,

He is ſoone thyſty.
Content with a lyttel drinke.
Diseased with moche drinke.
He delyteth in dry meates.

IT IS TO be noted, that the dyspoſitions Galenſ
of the ſtomake naturall, doo deſyre that whiche in arte
is of lyke qualties. The diſpoſitions vnnatural parua-
do deſyre thinges of contrary qualties.

Also not the ſtomacke onely cauſeth a man to
thyſte or not thyſte, but alſo the lyuer, the len-
ges, and the harte.

Of the genytories or ſto-
nes of generation.

The Genytories
hot diſtempered

Greatte appetye to the acte
of generation.
Ingendrynge men chyldren.
Heare ſoone growen aboue
the members.

The Genytories
cold diſtempered

Smalle appetye to the acte
of generation.
Ingēdringe women chyldren.
Slowe grouthe of heare a-
bout the members.

THE FYRSTE

¶ Offleume.

Fleume is of two sortes, ¶ Naturall and ¶ Unnaturall.

¶ Natural fleume is a humour cold and moist, white & swete, or without tast, engendred by insufficiēt decoctiō in the second digestiō of þ watry or raw partes of the matter decoct called Chilus, by þ last digestiō made apt to be couerted into bloud, in this humour, water hath dominiō most p̄ncipal.

¶ Fleume unnaturall is that, whiche is myxte with other humours, or is altered in his qualite: And therof is. viii. sondry kyndes.

Watry, whiche is founde in spettyll of great drinckers, or of them, whiche digeste yll.

Slymy or rawe.

Glasy, lyke to whyte glasse, thycke, viscouse lyke bynde lyme and heuy.

Plastry, whiche is very grosse, & as it were chalky, such is found in the ioyntes of them, whiche haue the gowte.

Fleume. Salt, whiche is myngled with coler. Sower, myxte with melancholy, which commeth of corrupt digestion.

Harsh, thycke and grosse, whiche is seldome founden, whiche tasteth lyke greene crabbes or floes.

Stiptyke or bindinge, is not so grosse nor cold, as harsh, and hath the taste lyke to greene redde wyne, or other like, straininge the tunge.

Choler

Choler doth partycypate with naturall heate as longe as it is in good temperaunce, and therof is also two kyndes.

S Naturall and
Unnaturall.

Choler na-
turall,

Naturall coler is the sone of bloud, the color wherof is redde and clere, or more lyke to an orēge colour, and is hot and drye, wherin the fire hath dominion, and is lyght and sharpe, and is engendred of the most subtyll parte of matter decocte, or boyled in the stomacke, whose beginninge is in the lyuer.

C Unnaturall choler is that whiche is myrte or corrupted with other humours, wherof be fourre kyndes.

Choler in
naturall

Citrine or yelowe choler, which is of the mixture of natural choler & watry fleume, & therfore hath lesse heat than pure choler.

Yelky, like to yelkes of egges, which is of y mixture of fleume congeled, & choler natural, and is yet lasse hote than the other.

Grene like to lekes, whose begining is rather of y stomak, than of y liuer. Grene like to grene caker of mettal, & bourneth like venum, & is of exceeding adustiō of choler or fleum: & by these two kides nature is mortified.

THE F Y R S T E

Melancoly or blacke choler is
deuyded in to two kyndes.

Naturall, whyche is the dregges of pute
bleud, and is knownen by the blacknes, whā
it issueth either downewarde or upwarde,
and is verily colde and drye.

Unnaturalle, whyche procedeth of the ad-
uision of colerik mixture, and is hotter and
lighter, hauyng in it violence to kyll, with
a daungerous disposition.

Meates ingendrynge
choler.

Gatlyke.
Dnyons,
Rokat,
Karses,
Lekes,
Mustarde,
Pepper,
Honye,
Wynne moche dyonken.
Swete meates

Meates ingendrynge
fleume.

All slymye and clea-
uyng meates.
Chese newe.
All fyshe, specyally in a
fleumatike stomake.

Inwardes of beastes.
Lambes flesche.

The synewe partes of
flesche.

Skynnes.
Braynes.

Lunges,
Rapes,
Cucumbers,
Replecion.
Lacke of exercise.

Meates ingendrynge
melancoly.

Bifie.

Gotes flesche.
Hares flesche.
Bozes flesche.
Salte flesche.
Salte fyshe.

Colc-

Coleworts.	Blacke wyne,
All pulse, excepte whyte peason.	Olde chese.
Browne breadde course.	Olde fleshe.
Thycke wyne.	Great fishes of the sea.

¶ Of the members.

¶ There be diversities of members, that is to saye.

Principall members.	The brayne.
	The harte,
	The lyuer,
	The stones of generation.

Offycialle members.	Spineves, whiche doo serue to the braine.
	Arteries, or pulses, whiche do serue to the harte.
	Vaynes, which do serue to the lyuer.
	Vessels spermatike, wherin mannes seede lyeth, whyche doo serue to the stones.

Partes called si- milares, for beinge deuyded, they re- main in them self like as they were.	Bones.
	Gristell.
	Calles betwixt the vttermosse skinne and the fleshe.
	Muskels or fylets.
	Fatte.
	Fleshe.

Dit Mem-

THE F Y R S T E

The stomake.
 Members in-
 strumentall. The raines.
 The bowelles.
 All the great synewes.

These of their vertue do appetite meate & alter it.

Meates whiche do hurte
 the tethe.

Very hotte meates.

Nuttes,

Swete metes & dylkes

Radyshe rootes,

Harde meates.

Dylke.

Bytter meates.

Moche bompte.

Leekes.

Fylshe fatte.

Lymones.

Coleworstes.

Thynge which do hurt
 the eyes.

Drunkennesse.

Lecherye.

Muste,

All pulse.

Swete wynes, and
 thycke wynes,

Hempesede.

Very salte meates

Garlyke,

Dnyons.

Coleworstes,

Radyshe.

Reedynge after supper
 imnediatly.

Makynge great oppi-
 lations.

Thycke mylke.

All swete thinges.

Rye breadde.

Swete wynes.

Meates inflatyng or
 wyndye

Beanes.

Lupines.

Cicer,

Mille,

Cucumbers.

All iuyce of herbes.

Fygges dye.

Rapes,

Maueloes rawe.

Dylke

Mylke.	Camomylle.
Hony not well clarified.	Mellypote.
Swete wyne,	Rewe,
Muste.	Frankincense.
Thinges good for a colde head.	Hote thinges conseruynge a colde Harte.
C Cububes.	Cynamome.
Galingale.	Saffron.
Lignum aloes.	Cozalle.
Maizam,	Cloues,
Baulme myntes.	Lygnum aloes.
Gladen.	Perles,
Nutmigges,	Macis,
Muske,	Baulme myntes.
Rosemarye,	Myzabolanes,
Roses,	Muske.
Pionye.	Nutmigges,
Hyslope,	Rosemarye.
Spyke,	The bone of the harte of a redde deere.
Yzeos.	Maizam,
Penyroyall.	Buglosse.
Saulge.	Bozage.
Elycampane.	Setuall.
Calampnt.	Golde.
Betayne.	Ambra.
Sauery.	Cardamomum.
Fenell.	Basyll.
Labdanum.	Been redde and whyte.
The leues of laurell.	Betayne.
Ambra,	

D iii Thinges

THE FYRSTE

Thynges good for the
Lyuer.

Wormewode,
Wynth wynde,
Agrimonye,
Saffron,
Cloues,
Endyue,
Lyuerworte,
Cykorie,
Plantayne,
Dragons,
Raysons greatte,
Saunders,
Fenell,
Violettes,
Rosewater,
Lettyse.

Thynges good for the
Lunges.

Elycampane,
Hysope,
Scabiose,
Lykorie,
Raysons,
Mayden heare,
Penidies,
Almondes,
Dates,
Pystaces.

Thynges good for the
eyes.

Eyebryght,
Fenell,
Meruyn,
Roses,
Celandyne,
Agrimonye,
Cloues,
Colde water,

Thynges makyng the sto=
make stronge.

Mirabolanes,
Rutmygges,
Organum,
Pystaces,
Muynces,
Olybanum,
Wormewode,
Saffron,
Coralle,
Agrimonye,
Funytorpe,
Galyngale,
Cloues,
Lignum aloes,
Mastix,
Mynte,
Spodium,
The innerinost skine
of

of a hennes gysar.
Coriander prepared.
Olyue berries.
Rasons.
Nuttis with syges.

The ride of an oþrege.
Rowghe wynes.
Wormwode stiped in
wyne or ale.
Carte grapes. Aloes.

¶ Of Powers.

{ Anymall,
Spirituall,
Naturall.

Naturall power, { Whiche dothe mynister.
To whome is mynisted.

Whiche dothe { Appetiteth,
mynyster, { Retaineth,
{ Digesteth,
{ Expelleth.

To whome is { Ingendreth,
mynisted, { Nourissheth,
{ Feedeth.

Power spirituall { Warkynge, whiche delateth
the harte and arteryes, and
estesoones strayneth them.
{ Wroughte, whiche is styrred
by an exterior cause to worke,
whereof cometh anger, indi-
gnation, subtiltie, and care.
That

TRE F Y R S T E

Power animall

That whyche ordeneyneth, dyc-
cerieth, and componeth.
That moueth by voluntarie
mocyon.
That whyche is called sensy-
ble, whereof do procede the
fyue wyttes.

Of that which or-
deineth do pcede

Imagination in the forheed.
Reason in the braine.
Remembrance in the nodell.

Operations.

Appetite by heate and drythe.
Digestion by heate and moisture.
Retaynyng by colde and drythe.
Expulsion by cold and moyst.

Spirite is an ayry substance subtyll, styrynge
the powers of the body to perfourme theyr ope-
rations, which is dyuyded into

Spirit

Naturall, whiche taketh his beginninge
of the lyuer, and by the baynes, whiche
haue noo poulse, spreadeth into all the
holle bodye.
Vitall, whiche procedeth from the harte,
and by the arteries or pulses is sente in-
to all the body.
Anymalle, whiche is engendred in the
brayne, and is sente by the synewes
throughout the body, and maketh sence
or felyng.

An-

¶ Annexed to thynges naturall.

Adolescency to. xxv. yeres, hotte
and moyst, in the whiche tyme
the body groweth.

Juuentute vnto. xl. yeres, hotte
and drye, wherin the body is in
perfyte growthe.

Ages be fourte.

Senectute, vnto. lx. yeres, colde
and drye, wherin the bodye be-
ginneth to decrease.

Age decrepite, vntil the last tyme
of lyfe, accidently moist, but na-
turally cold and dry, wherin the
powers and strength of the bo-
dy be more and more diminished.

¶ Colour.

¶ Of inwarde causes.

¶ Of outwarde causes.

¶ Of equalytie of humoures, as
he that is redde and white.

¶ Of inequalytie of humoures,
wherof doo procede, blacke, sa-
lowe, or white onely.

Colour of in-
ward causes.

Redde, } do betoken domy-

Blacke, } nion of heate.

Salowe, } white, colde of fleume.

Pale, colde of melancholye.

Redde, abundaunce of bloudde.

Salowe, choler citrine,

Blacke, melancholy or coler adust.

¶ Of

THE F Y R S T E

Colour of out-
ward causes. { Of colde or heate, as englyshe
mē be white, Moyses be black.
Of thynges accydentalle, as
of feare, of anger, of sorowe, or
other lyke motions.

Blacke, either of abundaunce of co-
lēt inflamed; or of moche incen-
dynge or aduision of bloudde.
Red heare of moche heate not adust.
Colour of heare. Gray heares of abundaunce of me-
lancholye.
Whyte heares of the lacke of natu-
rall heate; and by occasyon of
fleume putrifyed.

All the resydue concerninge thinges naturall,
conteyned in the Introduction of Joannicius,
and in the lytell crafte of Galene, I purposely
passe ouer for this tyne, for asmoche as it dothe
requyre a redē hauynge some knowlege in phi-
losophye naturall, or els it is to harde and tedye-
ouse to be vnderstande.

THE SECONDE TABLE.

HYNGES not Naturall be soo called, by
cause they be no portion of a naturall body,
as they be whiche be called Naturall thinges: but
yet by the temperance of them, the body beinge in
healthe, is therin preseruyd. By the dystempe-
raunce

raunce of them, syckenesse is induced, and helth is dissolved.

The fyoste of thinges not naturall is ayze, or bzech which is properly of it selfe, or of some materiall cause or occasion, good or yll.

That which is of it selfe good, hath pure vapours, and is of good sauour.

Talso it is of it selfe swifte in alteration, from hotte to colde, wherin the body is not moche provoked to sweate for heate, ne to chylle for behe- mency of colde.

Ayne among al thinges not natural, is chiefly to be obserued, sozasmoch as it dothe both inclose vs, and also enter into our bodyes, specially the moste noble member, which is the Harte, and we can not be separeate one howze from it, for the ne- cessitie of breathinge and fetchinge of wynde.

The causes, wherby the ayze is corrupted, be specially four.

Influences of sundry sterres.
Create standyng waters ne-
uer refreshed.

Carayne lyenge longe aboue
grounde.

Moch people in smal rounme li-
uing vncleynly and sluttishly.

Wyndes bryngyng **N**orth, whiche prolongeth
holsome ayze, **S**lyfe by expoulsyng ylle
vapours.

East is temperat & lusty.
South

THE F Y R S T E

Soulthe corruptethe, and ma-
wyndes bryn-
gynge yll ayze. } keth yll vapours.
} Weste, is very mu table, whi-
} che nature doth hate.

Of meate and drinke.

In meate and drynke we muste consyder syre
thynges.

Substaunce,
Quantitie,
Qualitie,
Custome,
Tyme,
Order.

I Substaunce, somme is good, whiche maketh
good iuyce, and good bloudde: some is ylle, and
ingendreth yll iuyce, and yll bloudde.

Meates and drynkes makyng good iuyce.

Bread of pure flour ues of myntes,
somwhat leuened, fesauntes,
well baked, not to olde partriches or chikens,
nor to stale. Capons or hennes.
Egges of fesantes hen- Byrdes of the fieldes.
nes or partriches newe Filche of stony ryuers,
layd, poched, meane be- Veale suckinge,
twene rere and haide. Porke yonge.
Mylke newe mylked Wieke not passyng the
drynke fastynge, wher- yeres.
in is sugar, or the lea- Pygeons.

Venylson

Genyson of redde dere.	Inwarde of beastis.
Pease potage with myntes,	Blacke puddynges.
Sete of swine or calves.	The hart lyuer and kyd neys of all beastes.
Fygges ripe, before Raysons,	The braynes and mary meales.
Bozage.	Wodde culuers.
Languedebiese.	Shell fyfhe, excepte cre- uyse deau doulce.
Persely.	Chese harde.
Myntes.	Apples and peres mo- che vled.
Ryle with almōd mylk.	Fygges and grapis not rype.
Letyse,	All rawe herbes, except letise, bozage, & cykory.
Cycorie.	Oniōs, cōtinuelly eate
Grapes rype.	Garlik, specially of the Lekes, which be chole ryke.
Wynes good moderat- ly taken, well fyned.	Wine in must or soure.
Alle and biere syx dayes old, cleane brewed, and not stronge.	Feare, sozowe, pen- syfenesse,
Mirthe and gladnesse.	
The lyuer and braines of hennies and chykens and yonge geese.	

Meates and drynkes ma-
kyng eyll iuyce.

Olde byfē.
Olde mutton.
Geese olde.
Swanne olde.
Duckles of the kanell.

Meates makynge thycke
iuyce.

Rye breadde.
Muste.
Breadde without leuen.
Cake breadde,
Sea fyfhe greatte.
Eii Shelle

THE SECONDE

Shelle fyſhe.	Fenell.
Bieſe,	Cheefe,
The kydneyſ.	Egges fryed or harde.
The lyuer of a swyne,	Chesten nuttes,
The ſtones of beaſtes.	Hauewes,
Wylke moche ſodden,	Fygges grene.
Rapes.	Appuls not rype.
All rounde rootes,	Pepper.
Cucumbers,	Rokat.
Swite wyne.	Lekes,
Deepe redde wyne.	Onyons, moche uſed.

THE SECONDE
BOKE.

¶ Of Quantitie. C. 1.



HE Quantitie of meate muſte be proportioned after the ſubſtance and qualite therof, and accordinge to the complexion of hym that eateth. fyſt, it ought to be remembred, that meates hote and moyſte, whiche are qualyties of the bloudde, are ſoone turned into bloudde, and therfore moche noucylsheth the body. Some meates do nouriſhe but lyttell, hauyng lyttell conuentie with bloudde in their qualitie. Of them, whiche do nouriſhe, ſome are more groſſe, ſome lyghter in digestyon. The groſſe meate engendreth groſſe bloude, but where

where it is well concocte in the stomake, and well digested, it maketh the fleshe more sygne, and the officiall members more stronge, thanne syne meates. Wherfore of men, which vse moch labou^r or exercise, also of them, which haue very cholerike stomackes here in Englande, grosse meates may be eaten in a great quantitie: and in a cholerike stomake biefe is better dygested than a chynkens legge, for as moche as in a hotte stomake syne meates be shottly aduste and corrupted. Concocte
or boyled Contrarywise in a colde or fleumatyke stomake grosse meate abydeth longe vndigested, and maketh putrified matter: lyght meates therfore be to such a stomacke more apte and conuenient. The temperate bodye is beste noucylshed with a lyttell quantitie of grosse meates: but of temperate meates in substance and qualite, they maye safelye eate a good quantitie. Foreseene alway, that they eate withoute gourmandyse, or leauie with somme appetyte. And here it wolde be remembred, that the cholericke stomake doth not desye so moche as he maye dygest: the melancholye stomake maye nat dygeste so moche as he desyeth. For colde maketh appetite, but naturall heate concocteth or boyleth. Not withstandinge unnaturall or supernaturall heate diestroyeth appetite, and corrupteth dygestyon, as it appereth in feuers. More ouer, fruytes and herbes, specyally rawe, wolde be eaten in a small quantitie, all though the persone be very cholericke, for as moche as they do engender thynne, A dust or
burned. Gourman-
dye or
glouteny. watrye

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watrye bloudde, apte to receyue putryfactyon, whyche all though he it be not shortelye perceyued of theym that vse it, at lengthe they feele it by sondrye dyseases, whyche are longe in comynge, and shortelye sleeth, or be hardely esca-
ped. Fynally, excesse of meates is to be abhor-
red. For as it is sayde in the booke called Eccle-
siastycus, In moche meate shall be syckenesse,
and inordinate appetite shall approche vnto cho-
ler. Semblablye, the quantitie of dynke wolde
be moderated, that it excede not, nor be equalle
vnto the quantitie of meate, specially wyne, whi-
che moderately taken, aydeth nature, and com-
forteth her, and as the sayde authour of Eccle-
siasticus sayth, Wyne is a reioycinge to the soule
and bodye. And Theognes saythe, in Galenes
warke, A large draught of wyne, is yll. A mode-
rate draught is not onely not yll, but also commo-
dious or profitable.

Of qualitie of meates. Cap. 2.

Qualytie is in the complexion, that is to say,
it is the state therof, as Hotte or colde, moist
or dry. Also some meates be in wynter colde
in acte, and in vertue hotte. And it wolde be con-
sydered, that euerye complexyon temperate and
vntemperate, is conserued in his state, by that
whyche is lyke thereto in fourme and degree. But
that whyche excedeth moche in dystemperaunce,
by that whyche is contrarye to hym in fourme or
qualitie

qualytie, but lyke in degree moderatly vsed. By fourme is vnderstand grossenesse, synenesse, thickenesse, or thynnesse, by degree, as the fyfte, the seconde, the thyrd, the fourthe, in heate, colde, moyiture, or drythe.

Of Custome. Capit. 3.

Custome in feedynge is not to be contemned, or lyttell regarded: for those meates, to the whiche a man hathe bene of longe tyme accusomed, though they be not of substance commen- Hippocra-
table, yet do they somtyme lasse harne than bet- tes apho-
ter meates, whervnt a man is not vsed. Also the rismo. 2.
meates and drynkes, whiche do moch delyte hym
that eateth, are to be preferred before that, which
is better, but more vnsauerye. But yf the cu- Galen. 2.
stome be soo pernyciouse, that hit needes muste
be leste, thanne wolde it be withdrawen by lyt-
telle and lyttelle in tyme of healthe, and not of
syckenesse. For yf it shoulde be withdrawen in
tyme of syckenesse, Nature shulde susteyne tre-
ble detriment, fyfte by the grief induced by syk-
nesse, seconde by receyuyng of medicines, third-
ly by forbearyng the thyng, wherin she deliteth.

F

Of

THE S E C O N D E
¶ Of the temperature of meates to be
receyued. Cap. 4.

TO kepe the body in good temper, to theym, whose naturall complexion is moist, ought to be gyuen meates, that be moyste in vertue or power. Contrarywise to theym, whose naturalle complexion is drye, ought to be gyuen meates drye in vertue or power. The bodyes vntemperate, such meates or dynkes are to be gyuen, which be in power contrary to the distemperance, but the degrees are alwaye to be considered, as welle of the temperaunce of the bodye, as of the meates. For where the meates doo moche excede in degree the temperature of the bodye, they annoye the body in causyng distemperaunce, as hot wynes, pepper, garlycke, onyons, and salte, be noyfull to theym, whyche be choleryke, because they be in the highest degree of heate and drythe, aboue the iuste temperaunce of mannes body in that complexion. And yet be they oftentymes holosome to them, whiche be fleumatike. Contrarye wyse, colde water, colde herbes, and colde fruites moderately vsed, be holson to cholericke bodyes, by puttynge away the heate, exceedinge the naturall temperature: and to them, whyche be fleumatike, they be vnholosome, and doo bryngge into them distemperaunce of colde and moist.

what

¶ what distemperaunce hapneth by the excesse
of sundry qualities in meates and
drynkes. Cap. 5.

Colde, do congele and mortifye.
Moyst, do putrifie and hasten age.
Drye, sucketh vp naturall moisture.
Clammy, stoppeth the issue of vapors
and brine, and engendreth the toughe
fleuine and grauell.
Fatte and oyly, swymmeth longe in
the stomake, and byngeth in lothe-
somnesse.

Meates
Bytter, dothe not noutryshe.
Salte, do frette moche the stomake.
Harryshe, lyke the taste of wylde frui-
tes, do constipate and restrayne.
Swete chaiffeth the bloudde, and
causeth opilations or stoppynges of
the pores and cundytes of the body.
Sower cooleth nature, and hastes-
neth age.

fit what

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¶what commoditie happeneth by the moderate
use of the sayd qualities of meates
and drynkes. Cap. 6.

¶Cold asswageth the burning of coler.
Moist humecteth that which is dried.
Drys, consumeth superfluous moisture
Clammye, thycketh that, whyche is
subtyll and persyng.
Bytter, clenseth and wypeth of, also
mollifieth and expelleth fleume.
Salte, relenteth fleume clammy, and
dryeth it.
Fatte and vncuous, nourisheth, and
maketh soluble.
Stiptike or rough on the tonge, byn-
deth and conforteth appetite.
Sweete, dothe clese, dissolute, and
nouryshe.

Meates.

¶Of breadde. Cap. 7.

BReadde of fyne floure of wheate, hauyng
no leuyn, is slowe of digestion, and makethe
slyny humours, but it nourysheth moche: if it be
leuyned, it digesteth sooner: breade hauing moch
bzanne, sylleth the bealy with excrementes, and
nourysheth lytell or nothyng, but shortly descen-
deth from the stomake: The meane betwene both
sufficiently leuyned, well moulded, and moderat-
ly baken is the moste holsoine to euerye age, the
greatest loues do nouryshe most fast, forasmoch
as

as the fyre hathe not exhausted the moysture of them. Hotte breadde, moch eaten, maketh fulnes and thyste, and slowely passeth. Barley breadde clenseth the body, and doth not nouryshē so moch as wheate, and maketh colder iuyce in the body.

¶ Offleshe. Cap. 8.

Bese of Englande to Englysshemen, whiche are in heith, bringeth stronge nouryshyng, but it maketh grosse bloude, and ingendreth melancholy: but beyng of yonge oxen, not excedyng the age of four yeres, to them, whiche haue colerike stomakes, it is moze conuenient, than chikens, and other lyke fyne meates.

Swynes fleshe.

Aboue all kyndes of fleshe in nouryshyng the body, Galene most commengeth poake, not being of an olde swyne, and that it be well digested of hym that eateth it. For it maketh beste iuyce, it is moste conuenient for yonge persons, and them which haue susteyned moch labour, and therwith ar fatigate, and become weake, yonge pigges are not commended before that they be one month old, for they do b̄ede superfluous humours.

Lambe,

It is verye moyste and flumatike, wherfore it is not conuenient for aged men, except that it be verye drye rosted, nor yet for theym, whiche haue in their stomaſe moche fleume.

Mutton,

Galene dothe not commende it, not withstan-
dinge

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De alim. 2. Ding experience proueth here in this realme, that
lib. 3. yf it be yonge, it is a right temperate meate, and
maketh good iuyce: and therfore it is vsed moze
than any other meate, in all diseases. And yet it
is not lyke good in all places, nor the shepe, why-
che beareth fynest wolle, is not the swetest in ea-
tynge, nor the moste tender. But I haue founde
in some countrays mutton, whiche in whitenesse,
tendernesse, and swetenesse of the fleshe, mought
be well nygh compared to kyddes, and in digestion
have proued as holsome.

Kyddes and ueale,

Of Galene is commended nexte vnto porke,
but some men do suppose, that in helth and siknes
they be moch better than porke, the iuyce of them
both being moze pure. And here it is to be noted,
that of all beastes, whiche be drye of their nature,
the yongest be mooste holsome: of them that are
moyste, the eldest are leſt hurtfull,

Hare, Cony,

Hippo. de ratione ui. Maketh grosse bloudde, it dryeth and stoppeth,
Etus lib. 2. but yet it prouoketh a man to pisse. Cony maketh
cap. 19. better and moze pure nouryshment, and is sooner
Plin. 28. digested than hare. It is well proued, that there
is noo meate moze holsome, or that moze cleane,
firmely, and temperatly norysheth than rabettes.

Dere redde and falowe.

Hippocrates affyrmeth the fleshe of hartes and
hyndes, to be of yll iuyce, harde of digestion and
drye, but yet it moueth vrine. Of falowe dere, he
nor any other olde writer dothe speake of, as I
remember

remembred. I suppose, bycause there be not in all the world so many as be in Englande, where they consume a good parte of the beste pasture in the realme, and are in nothyng profytalbe, sauyng that of the skynnes of them is made better lether than is of calues: the hunteynge of them beyng not so pleasaunt, as the hunteynge of other venery or vermyne, the fleshe moche more vnholsome and vnplesant, than of a redde dere, ingendring melancholy, and makinge many feareful dreames, and disposeth the bodye to a feuer, if it be moche eaten: notwithstandinge the fatte therof, as som lerned men haue supposed) is better to be digested, than the leane.

Of Byrdes.

The fleshe of all byrdes, is moch lighter than the fleshe of bestes in comparison, most specially of those foules, whiche truste most to theyr wynges, and do breste in high countreys.

Capons, Hennes, and Chyckens.

Che Capon is aboue all other foules praised, for as moche as it is easily digested, and maketh lyttell ordure, and moche good nouryshment. It is commodious to the breaste and stomake.

Hennes in wynter, are almooste equall unto the capon, but they do not make so stronge nourishe-
ment. Auycen sayth, if they be rosted in the bealy
of a kydde or lambe, they wyll be the better.

Chickens in sommer, specially if they be cockrelles are very conuenient for a weake stomake, and nourisheth

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nourisheth a lytell. The fleshe of a cocke is hard of digestion, but the brothe, wherin it is boyled, louseth the bealy, and hauninge sodden in it cole-wortes, Polypodium, or Cartamus, it purgith yl humours, and is medicinable agaynste go wtes, toynt aches, and feuers, which come by courses.

Fesaunt,

Excedeth all fowles in swetenesse and holsom-
nesse, and is equall to a capon in nourishyng, but
he is somewhat drier, and is of some men putte in
cōparison, meane betwene a henne & a partriche.

Partryche,

Of all fowles is most sonest digested: and hath
in hym moche nutritioun, comforzeth the brayne,
and maketh sede of generation, and receiueth lust
whiche is abated.

Quayles,

Although they be of some men commended, yet
experience proueth them to increase melancolye,
and are of a small nourishinge.

Larkes,

Be as well the fleshe as the broth, very holsom,
eaten rosted, they do moche helpe agaist the co-
lyke, as Dioscorides sayth.

A plouer,

Is slowe of digestion, nourysheth lytell, and in-
creaseth melancolye.

Blacke byrdes or ousyls,

Amonge wylde fowle hath the chiese prayse, for
lyghtnesse of digestion, and that they make good
nouryshment, and lyttell ordure,

Sparowes,

Sparowes

Be harde to digest, and are very hote, and styr-
eth vp Venus, and specially the brayns of them.

woodcockes,

Are of a good temperaunce, and metely lyghte
in digestion.

Pygeons,

Be easily digested, and ar very holsom to them,
whiche are fleumatike, or pure melancoly.

Goose,

Is hard of digestion, but being yong and fatte,
the wynges be easy to dygeste in a hole stomake,
and nourysheth competently.

Ducke,

Is hoter than goose, & hard to digest, & maketh
wars iuice, sauing the braunes on the breast bone
and the necke is better than the remnaunt.

Crane and bustarde,

Crane is harde of digestion, and maketh ylle
suyce, but beinge hanged vp longe in the ayre, he
is the lasse vnholsome. Bustarde being fatte, and
kept without meate a day or two afore that he be
kylled, to expulse his ordure, and than drawen,
and hanged as the crane is, beinge rosted or ba-
ken, is a good meate, and nourysheth well, if he
be well digested.

Hearon, Byttour, Shoueler,

Beinge yonge and fatte, be lyghtlyer dygested
than crane: and the byttour sooner than the hea-
cone. And the Shoueler sooner than any of them:
but all these fowles muste be eaten with moche

G gynger

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gynger or pepper, & haue good olde wine drunke
after theym, and soo shall they be moxe easlylye
dygested, and the iuyce commynge of theym, be
the lasse noyfull.

¶ The partes and members of byrdes and
beastes. Cap. 9.

The wynges brawnes and necke of geese, ca-
pons, hennes, fesaunt, partriche, and smalle
byrdes beinge fatte, are better than the legges in
digestion, and lyghter in nourishyng. Of wylde
foule and pygeons beinge fatte, the legges are
better than the wynges: the brawnes of ducke,
teale, and wygeon except, whiche is better to dy-
geste: than the residue.

The gysar or stomake

Of a goose or henne beinge fatte with branne
and mylke, beinge well sodden or made in pou-
lder, is good for the stomake, in makinge it strong
to digest, and nourysheth competently.

The lyuer,

Of a capon, henne, fesaunte, or goose, beinge
made fatte with mylke myxte with their meate,
is not onely easy to digeste, but also maketh good
iuyce, and nourysheth excellently. But the lyuers
of beastes be yll to digest, passethe slowly, and ma-
keth grosse bloud, but it is strong in nourishinge.

The

The inward of beastes, as trypes and chytterlynges.

The fleshe of them is more harde to dygest. And therfore although they be wel digested, yet make they not iuyce naturallye sanguyne or cleane, but rawe iuyce and colde: and requyret a longe tyme to be conuerted in to bloud,

The lunges or lyghtes,

Are more easy to digest, than the lyuer, and lasse nourisheth, but the nourishment, that it maketh, is fleumatike: albeit the lunges of a fore, is medicinable for them, which haue siknes of þ luges.

The splene or mylte,

Is of yl iuice, for it is the chamber of melancoly.

The harte,

Is of harde fleshe, and therfore is not wel digested, nor passeth shortly, but where he is wel digested, the iuyce þ it maketh, is not to be dispayled.

The brayne,

Is fleumatike, of grosse iuyce, slowe in dygestyng, noyouse to the stomake, but where it is wel digested, it nourisheth moche.

Marowie,

Is more delectable than the brayne, it is yll for the stomacke, but where it is well digested, it nourisheth moche.

The stones and vdders

Beinge well digested, do nouryshethe moche, but the stones are hotter with their moystnes, the vdders colde and fleumatike, they both do increase sede of generation, but the bloud made of the vdders

Geſt der

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der is better than that, whiche cometh of the stones, excepte it be of calues and lambes. Also the stones of cockes, maketh comendable nourishmet.

The head,

The fleshe therof nourisheth moche, and augmenteth seede: but it is slowe of digestion, and noyeth the stomake, but to them, whiche use moche exercise, it is not discomendable.

The tounge,

Is of a spugy and sanguine substance, bat the kernelles and gristell, whiche are in the rootes, if they be wel digested, they make good nourishmet: if they be not wel digested, they make fleme.

The feete

Beinge welle boyled and tender, in a holle stomake, dygesteth welle, and maketh good iuyce, and passeth forth easily. Galene commendeth the fete of swyne. But I haue proued, that the feete of a yonge bullocke tenderly sodden, and layde in slowe two dayes or thre, and eaten colde in the eueninge, haue brought a colerike stomake into a good digestion and slepe, and therwith hath also expulsed salt fleme and coler, and this haue I found in my selfe by often experiance: alway forseen, that it be eaten before any other meate, with out dynkyng immediatly after it.

Offyshe generally. Cap. 10.

The beste fyche after the opinion of Galen, is that, whiche swymmeth in the pure sea, and is tossed and lyfte vp with wyndes and sourges.

The

The moze calme that the water is, the warste is the fyſhe, they whiche are in muddy waters, doo make moche fleume and ordure: taken in fennes and dyches by warſte, beinge in freſſhe ryuers, and ſwyſte, be ſometyme commendable: all be it generally, al kyndes of fyſhe maketh moze thinner bloud, than fleſhe, ſo that it dothe not moche nouryſhe, and it doth ſoner paſſe out by vapoſs: to a hotte colerike ſtowake, or in feuers, ſomtyne they be holsome, being newe, freſhe, and not very harde in ſubſtance or ſlymy. harde fyſhe is harde of digetiſon, but the nouriſhment therof is moze firme, than that, which is ſoſte: thofe whiche haue moche groſſe humours in them, ar beſt, poudred.

¶ Of Butter. Cap. 11.

Butter is alſo nouriſhyng, and profiteth to them, whiche haue humours ſuperfluouſe in the breaſte or lunges, and lacketh rippynge and cleſhyng of theym: ſpecially if it be eaten with ſugar or honye. If it be well ſalted, it heatethe and cleſteth the moze.

¶ Of Cheſe. Cap. 12.

Cheſe by the hole ſentence of all writers, letteth digetiſon, and is ennemye unto the ſtowake. Alſo it ingendreth yll humours, and bredeſt the ſtone. The cheſe whiche doth leſt harme, is ſoſte cheſe, reaſonably ſalted, whiche ſome men do ſuppoſe, nouryſheth moche.

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¶ Of Egges. Cap. 13.

Egges of fesauntes, hennes, and partryches. Be of all other meates moste agreeable vnto nature, specially if they be newe layde: If they be rere, they do clese the throte and brest. If they be harde, they be slowe in digestion, but beynge ones digested, they do nouryshe moche. Meane betwene rere and harde, they digest conueniently and nouryshe quyckely. Egges well poched, are better than rosted. If they be fried harde, they be of yll nouryshment, and do make stynkyng fumes in the stomake, and do corrupt other meates with whome they be myngled. They be most hol- some whan they be poched, and moste vnholsome whan they be fryed. Dioscorides sayth, If they be souped warme, before any other meat, they do heale the grefes of the bladder and raynes, made with grauell: also sozenes of the chekes & throte, and spittyng of bloude: and they be good against catars or stilling out of the hed into the stomake.

¶ Of Fruites. Cap. 14.

¶ Or as moche as before that tyllage of corne was inuented, and that devouringe of fleshe and fyfhe was of mankynde vsed, men vndoubtelye lyued by fruites, and Nature was therewith contented and satisfied: but by chaunge of the diete of our progenytors, there is caused to be in our bodyes, suche alteration frome the na- ture, whiche was in men at the begynnyng, that now all fruites generally are noyfull to manne, and

and do ingender yll humours, and be ofte tymes the cause of putrified feuers, if they be moche and continually eaten. Not withstanding vnto them, which haue abundance of coler, they be somtyme conuenient, to represse the flame, which procedeth of coler. And some fruites whiche be syptike, or bynding in tast, eaten before meales, do bynd the bely, but eten after meales, they be rather laxative

¶ Of Gourdes.

Gourdes rawe be vnplesant in eatinge, yll for the stomake, and almost neuer digested, therfore he that wyll nedes eat them, must boyle them, roste them, or frye them, euery waye they be without sauour or taste, and of theyr proper nature, they gyue to the body cold and moist nourish-
ment, and that very lyttell, but by reason of the slyppernes of their substance, and bycause al mea-
tes whiche be moyste of their nature, be not byn-
dynge, they lyghtly passe forth by the bealye. And
being well ordred, they wyll be metely concoct, if
corruption in the stomake do not preuent them:
they be cold and moist in the seconde degree.

¶ Of Melones and Pepones.

Melones and Pepones be almooste of one kynde, but that the melone is rounde lyke an apple, and the innermoste parte therof, where the sedes are conteyned, is vsed to be eaten. The Pepon is moche greater, and somewhat longe
nd the inner part therof is not to be eaten: They
both

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bothe are very colde and moist, and do make yll iuyce in the body, if they be not well digested, but the pepon moch more than the melon, they do least hurt, if they be eaten afore meales. Albe it, if they do fynde in the stomake fleume, they be turned in to fleume, if they finde choler, they be turned in to choler. Not withstandyng there is in theym the vertue to clense & to prouoke vrine, they be colde and moist in the seconde degree.

Cucumbers.

Galen. de
alimen.
fa. 1.

Cucumbers do not excede so moche in moisture as melons: and therfore they be not so soone corrupted in the stomacke: but in some stomaches, being moderatly vsed, they do digest wel: but if they be abundantly eaten, or moche vsed, they ingender a colde and thycke humour in the beynes, whiche neuer or seldome is tourned in to good bloud, and somtyme bryngeth in feuers. Also they abate carnall lust. The sedes as wel thereof, as of melones and gourdes, beinge dryed, and made cleane from the huskes, are very medycinalle against syckenesses procedyng of heate, also the difficultie or let in pyssynge, they be colde and moist in the second degre.

Dates,

B^E harde to digeste, therfore beinge moche eaten, and not wel digested, they annoy the head and cause gnawynge in the stomacke, and make grosse iuyce, and somtyme cause obstructyons or stoppynges in the lyuer and splene. And where there

there is inflammation or hardnesse in the bodye, they are vnholosome, but beinge well digested and temperately vsed, they nouryshe and make the fleshe firme, and also byndeth the bealy: olde da-
tes be hotte and dry in the fyfth degree: newe ga-
thered are hotte and moist in the first degree.

¶ Of Fygges.

Fygges eaten, do shortely passe out of the sto-
macke, and are soone distributed in to all the
partes of the body, and haue the power to cleane, *Aetius.*
specially grauelle, beinge in the raynes of the
backe, but they make no substancial noximent,
but rather somewhat lowse and wyndye, but by
their quicke passage, the wynde is sone dissolued.
Therefore if they be rype, they do least harine of a-
ny fruities, or almoste none. Dry figges and old,
are more hotte and drye than newe gathered, but
beinge moche eaten, they make yll bloudde and
iuyce, and as some do suppose, do ingender lyce,
and also annoyeth the lyuer and the splene, if they
be inflamed, but hainge the power to attenuate
or make humours currant, they make the bodye
soluble, and do cleane the raynes. Also beinge ea-
ten afore dinner with gynger or pepper, or powder
of tyme, or peny royall, they profyt moch to them,
whiche haue oppilations or harde congeled mat-
ter in the inner partes of the body, or haue distil-
lations or reumes fallyng into the breste and sto-
make. New figges are hot and moist, olde figges
are hot in the first degree, and drye in the seconde.

H

¶

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¶ Of grapes and raisons.

Galen. de
alimen. 2.

Grapes do not nourysh so moch as fygges, but beinge ripe, they make not moche ylle iuyce in the body: albeit newely gathered, they trouble the bealye, and fylleth the stomacke with wynde. therfore if they be hanged vp a whyle, or they be eaten, they are the lasse noyfull. Sweete grapes are hottest, and do louse somewhat, and make a man thyristy. Sowre grapes are cold, and do also louse, but they are hard of digestion, and yet they do not nourishe. They whiche are in tast bytter or harryshe, be lyke to them that are soure. Raysons do make the stomake firme and strong, and do prouoke appetite, and do confortre weake bodyes, beinge eaten afore meales: they be hotte in the first degree, and moist in the seconde.

¶ Of Cherries.

Cherries, if they be sweete, they do soone slyp downe into the stomake, but if they be soure or sharpe, they be more holosome, and do louse, if they be eaten freshe, and newely gathered. they be cold and moist in the first degree.

¶ Of Peaches.

Peaches doo lasse harme, and doo make better iuyce in the bodye, for they are not soone corrupted being eaten. Of the iuyce of them may be made a syrope, very holosome agaynst the distemperance of coler, wherof procedeth a stynkyng breathe. they be colde in the fyre degree, and moiste in the seconde.

¶

¶ Of Appules.

AL appules eaten sone after that they be gathered, are cold, hard to digest, and do make yll and corrupted bloudde, but beinge well kepte vntyll the nexte wynter, or the yere folowinge, eaten after meales, they are right holsome, and doo confirme the stomake, and make good digestion, specially if they be rosted or baken, most properly in a cholericke stomake. They are beste preserued in hony, so þ one touch not an other. The roughe tasted appuls are holsome, where the stomake is weake by distemperance of heate or moche inoyture: The bytter appuls, where that griefe is increased: The soure appuls, where the matter is congeled or made thycke with heate. In distemperature of heate and drythe by dynkinge moch wine, they haue ben found cōmodious, being eaten at nyght, goinge to bedde, without dynkinge to them: they be cold and moist in the first degree.

¶ Of Quynces.

Quynces be cold and dry, eaten afore meale, they bynde and restraine the stomake, that it may not digest well the mete, except that they be rosted or sodden, the core taken out, and myrte with honys clarified, or sugar, than they cause good appetite, and preserueth the hed from drunckennesse: taken after meate, it closeth and draweth the stomake togyther, and helpeth it to digeste, and mollyfieþ the bealy, if it be abundantly taken. they be cold in the fyſt degree, and dry in the beginninge of the seconde.

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¶ Of Pomegranates.

Pomegranates be of good iuyce, and profytable to the stomake, specially they, whiche are swete: but in a hotte feuer, they that are sowze, be more expedient and holosome. for than the swete do incende heate, and pusse vp the stomake.

¶ Of Peares.

Peares are moche of the nature of apples, but they are heuyer, but taken after meate, rosted or baken, they are not vnholosome, and do restrain and knytte the stomake, beinge ryple: they be cold and moyst in the first degree.

¶ Medlars.

Medlars ar cold & dry, and cōstrictive or straininge the stomake, and therfore they may be eaten after meales as a medycine, but not vsed as meate, for they ingender melancoly, they be colde and dry in the seconde degree.

¶ Wallnuttes.

Wallnuttes, if they be blanched, are supposed to be good for the stomake and somewhat lousyng the bealy, myxt with sugar they do nouryste temperately. Of two dyne nuttes, as many fygges, and xx. leaues of Rewe, with a grayn of salt, is made a medicin, wherof if one doo eate fastynge, nothinge which is venomous, may that day hurte hym, and it also preserueth agaynst the pestilence, and this is the very ryght Mithridate. they be hot and dry in the second degré, after some opinions hot in the third degré, dry in the second.

¶ pl-

Fylberdes and hasyll nuttes,

They are moare stronge in substance than wall-nuttis, wherfore they are not so easily or sone digested. Also they do inflate the stomak, and cause head ache, but they ingender fatte. And if they be rosted, they are good to restrayne reumes. Also eaten with pepper, they are good againte tourmentes of the bealy, and the stoppynge of vryne. they be hotte and drye in the fyſt degree.

Of Almondes.

They do extenuate and cleane without any byndynge, wherfore they purge the breste and lunges, specially bitter almondes. Also they do mollyfye the bealy, prouoke sleape, and causeth to pysse well. Fyue or syre of them eaten afore meat, kepereth a man from beinge drunke: they be hotte and moyste in the fyſt degree.

Chestyns.

They beinge rosted vnder the ymbers or hot ashes, do nouryshe the body strongly, & eaten with hony fastyng, do helpe a man of the cough.

Prunes

Of the gardeyn, and rype, do dispose a man to the stoole, but they do bryng no maner of nouryshement. To this fruite lyke as to figges, this propertye remayneth, that beinge dryed they doo profite. The damaske prune rather bindeth than lowseth, and is moare commodious vnto the stomake, they be cold and moist in the second degree.

Olyues

Condyte in salt lycour, taken at the begynnyng

Huius of

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of a meale, dothe corroborate the stomake, stireth appetite, and louseth the bealy, beinge eaten with vynegar. They whiche be ryple, are temperately hote: they whiche be grene, are cold and dry.

Of Capers.

They nourishe nothyng after that they be salted, but yet they make the bealy louse, and poureth fleume, whiche is therin conteyned. Also stireth appetite to meat, and openeth the obstructi-
ons or stoppyng of the lyuer and splene, beinge eaten with oximell, before any other meate: they be hote and dry in the second degree.

Orenges.

The ryndes taken in a lyttell quantitie, do comfort the stomake, where it digesteth, specially con-
dite with sugar, and taken fastynge in a smalle quantitie. The iuyce of orenges hauynge a coste
of breadde put vnto it, with a lyttell powder of myntes, sugar, and a lyttell cynamom, maketh a
very good sauce to pouoke appetite. The iuyce
eaten with sugar in a hotte feuer, is nat to be dis-
commended. The rynde is hotte in the firste de-
gree, and drye in the seconde. The iuyce of them
is colde in the seconde degré, and dry in the fyfth.

Herbes vſed in potage, or to eate. Cap. 15.

Generally all herbes raw, and not sodden, do
tingender cold & watry iuyce, if they be eaten
customably, or in abundance: albeit some herbes
are moze comestible, and do lasse harme vnto na-
ture, & moderatly vſid, maketh metely good blud.

Lettyse.

¶ Lettysse.

Amonge al herbes, none hath so good iuyce
as lettysse: for some men do suppose, that it
maketh abundance of bloudde, albeit not very
pure or perfyte. It dothe sette a hotte stomake in
a very good temper, and maketh good appetite,
and eaten in the euenyng, it prouoketh slepe, al-
beit, it neither dothe lowse nor bynde the bealye,
of his owne propertie. It increaseth mylke in a
womanys brestes, but it abateth carnall appetite,
and moche blyngyng therof, hurteth the eye syght.
It is colde and moyst temperately.

Lettice abateth
Carnall appetite
& ice for the eye
Sight

¶ Colewortes and Cabages.

Before that auarice caused marchauntes to
fetche out of the easte and southe partes of
the wrold, the traffyke of spyce and sundry drou-
ges, to content the vnsaciablenes of wanton ap-
petites. Colewortes for the vertues supposed to
be in theym, were of suche estimation, that they
were iudged to be a sufficient medicine agaynst
all diseases, as it may appere in the boke of wyse
Cato, wherin he writeth of husbandry. But nowe
I wyll no moxe remember, than shalbe requyred,
in that whyche shall be vsed as meate, and nat
pure medicine. The iuyce thereof hath vertue to
purge: the holie leaues beinge halfe sodden, and
the water poured out, and they beinge put esteso-
nes into hot water, and sodden vntyll they be ten-
der, so eaten, they do bynde the bealy. Some doo
suppose, if they be eaten rawne with vyneger, be-
fore meate, it shall preserue the stomake from sur-
fettinge

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settyng, and the head from drunkenesse: albeit moche vsynge of them dulleth the syght, excepte the eyes be very myoste. Fynally the iuyce that it maketh in the bodye is not so commendable, as that whiche is ingendred of lettyse. It is hote in the first degree, and drye in the seconde.

¶ Of Cykorie or suckorie.

IT is lyke in operation to lettise, and tempereth coler wonderfully, and therfore in all colerike feuers, the decoction of this herbe, or the water therof stylled, is ryght expedient. Semblably the herbe and rote boyled with fleshe, that is freshe, being eaten, kepeth the stomake and head in very good temper. I suppose that Southistel & Dentdelyon, be of lyke qualities, but not so conuenient to be vsed of theym, whiche are hole, bycause they ar wylde of nature, and moze bitter, and therfore causeth fastidiousnes or lothsomnesse of the stomake. It is colde and drye in the second degré.

¶ Endyue and Scariole.

CBe moche like in their operation to Cykorie, but they are moze conuenient to medicine than to meate. Albeit Scariole callyd whyte Endyue, hauyng the topes of the leaues turned in, and layde in the erthe, at the latter ende of sommer, and couered, becometh white and crispe, lyke to the great stalkes of cabage lettyse, whiche takē vp and eten with vineger coolith the heate of the stomake. And to them that haue hote stomakes and dryp, they be right holsome, but being to moch vsed, or in very great quantitie, they ingender the humour,

humour, whiche maketh the colyke. they be colde
and moist in the first degree.

Malowes

Are not colde in operation, but rather somewhat
warne, and haue in them a syppernesse: wher-
fore being boyled and moderatly eaten with oyle Galen. 2.
and byneger, they make metely good concoction dealimēa
tis.
in the stomake, and causeth the superfluous mat-
ter therin easily to passe, and clenseth the bealye,
It is hotte and moyst in the first degree.

white betes

Are also abstensiue, and lowseth the bealye, but
moche eaten, annoyeth the stomake: but they are
ryght good against obstructions or stoppyng of
the lyuer, if they be eaten with byneger or mu-
starde. lykewylse it helpeth the splene. It is colde
in the first degree, and moist in the seconde.

Pourslane

Dothe mitigate the great heat in al the inward
partes of the bodye, semblably of the head and
eyes: also it represelth the rage of Venus, but yf
it be preserued in salt or brine, it heateth and pur-
geth the stomake. It is colde in the thirde degré,
and moist in the seconde.

Cheruyle

Is verye profytable vnto the stomacke, but it
may not sustein very moch boiling: eten with vi-
neger, it prouoketh appetite, & also brine. The de-
coctiō therof drunk with wyne, clenseth þ bladder.

J

Sorell

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Sorell

Beinge sodden, it louseth the bealy. In a tyme
of pestilence, if one beinge fastynge, doo chewe
some of the leaues, and sucke downe the iuyce, it
meruaylously preserueth from infections, as a
new practiser callid Guainerius doth write. And

Dioscoris-
des lib. 2.
ca. 105.

I my self haue proued it in my houssholt. The se-
des therof braied and drunke with wine & water,
is very holsome agaynst the colyke, and frettinge
of the guttes. it stoppeth fluxes, and helpeth the
stomake annoyed with repletion. It is cold in the
third degree, and dry in the seconde.

Persely

Is very conuenient to the stomak, and comfor-
teth appetite, and maketh the breathe sweete, the
sedes and roote causeth vrine to passe welle, and
breaketh the stome, dissolueth wyndes. the rootes
boyled in water, and therof oxumell beinge made,
it dissolueth fleume, and maketh good digestion.
It is hote and dry in the thirde degree.

Fenell

Beinge eten, the sede or roote maketh abundance
of mylke: lykewyse drunke with ptylane or ale.
The sede somewhat restrayneth flur, prouoketh
to pysse, and mitigateth freattynge of the sto-
make and guttes, specially the decoction of the
roote, if the matter, causyng freattynge be colde,
but if it be of a hotte cause, the vse thereof is
dangerous, for inflammation or exulceration of
the raynes or bladder. It is hotte in the thirde de-
gree, and dry in the fyre.

Galē sim.
de medi-
camen. li.
3.ca.74.

Anyse

¶ Anyse sedc.

Maketh swete breteth, prouoketh brine, and dryueth downe thinges, cleauynge to the raynes or bladder, styreth vp courage, & causeth abundance of mylke. It is hote and dry in the third degré.

¶ Beanies

They make wynde, howe so euer they be ordred: the substance, whiche they do make, is spungye, and not firme, albeit they be abstersiue or clensinge the body, they tary longe or they be digested, and make grosse iuyce in the body, but yf onyons be sodden with them, they be lasse noyful.

P easyn

Are moche of the nature of beanies, but they be lasse wyndy, and passeth faster out of the bodye: they be also abstersiue or clensing, specially white peason, & they also cause metely good nourishing, the huskes taken awaie. And the brothe, wherin they be sodden, clenseth right wel the raynes and bladder.

Rape rotes and Nauews. Cap. 16.

The iuyce made by them, is very grosse: And therfore beinge moche eaten, if they be not perfytely concocte in the stomake, they doo make crude or rawe iuyce in the baynes. Also if they be not well boyled, they cause wyndes, and annoye the stomake, and make sometyme frettynges: If they be well boyled fyrlst in cleane water, and that beinge cast a way, the second tyme with fat fleshe, they nouryshe moche, and doo neyther lowse nor

¶ II bynde

Amis 1588
London.

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bynde the bealy. But Mauews do not nouryshe
so moche as rapes, but they be euē as wyndye.

¶ Turnepes,

Beinge welle boyled in water, and after with
fatte fleshe, nourisheth moch, augmenteth the sede
of man, prouoketh carnall lust. Eaten rawe, they
styze vp appetite to eat, beinge temperatly vsed,
and be conuenient vnto them, whiche haue pu-
trified matter in their brestes or lunges, causing
them to spytte easily, but beinge moche and often
eaten, they make rawe iuyce and wyndynesse.

Parsnepes and carettes.

¶ They do nourishe with better iuyce than the
other rootes, specially carettes, whiche are hotte
and dry, and expelletch wynd. Not withstandinge
moche vsed, they ingender yll iuyce: but carettes
lasse than parsnepes, the one and the other expel-
leth brine.

¶ Radishe rootes

Haue the vertu to extenuate, or make thyn, and
also to warme. Also they cause to breake wynde,
and to pisse: being eaten afore meales, they lette
the meate, that it may not discende, but beinge ea-
ten laste, they make good digestion, and lousesthe
the bealy, though Galenus write contrarye. For
I, amonge diuers other, by experiance haue pro-
ued it: not withstandyng they be vnholsome for
them, that haue continually the goute, or peynes
in the ioyntes.

Garlyke,

It dothe extenuate and cutte grosse humours, &
dryng,

Gal. simp.
med. li. 7.

Paulus E
gineta.
Dioscoris-
des.

Lib. 7. de
alimentis.

Sympathie, dissolueth grosse wyndes, and heateth all the body. also openeth the places, whiche are stopped, generally where it is well digested in the stomake: it is holosome to dyuers purposes, specially in the body, wherin is grosse matter, or moch cold inclosed. if it be sodden vntyll it louseth his tartnesse, it somewhat nourisheth, and yet loseth not his properte, to extenuate grosse humours: being sodden in mylke, it profiteth moche agaynste distyllations from the head into the stomake.

Onions

Do also extenuate, but the longe onions moze than the rounde, the red moze than the whyte, the dyre moze than they whiche be grene: also rawe moze than sodden, they stire appetite to meat, and put away lothsonnes, and lowse the bealy, they quycken syght: and beinge eaten in great abundance with meat, they cause one to slepe soundly.

Leekes,

Be of yll iuyce, and do make troublous drenches, but they do extenuate and clense the bodye, Galen. 7. cap. 138. and also make it soluble, and prouoketh brine. More ouer it causeth one to spyte oute easily the fleume, whiche is in the breste.

Sauge.

It heateth, and sommewhat byndeth, and therewith prouoketh brine, the decoction of the leaues and braunches beinge drunke. Also it stoppeth bledyng of woundes, beinge layde vnto them. More ouer it hath ben proued, that women, whiche haue ben longe tyme without chylderne, and

I iii haue

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*Virtus &
Salvia*

haue drunke x.ounces of the iuyce of sauge, with
a grayne of salte, a quarter of an houre before
that they haue companyed with their husbandes,
haue conceyued at that tyme,} It is hote and dry
in the thyrd degree, the vsynge thereof is good
against palseys.

Isope,

Dothe heate and extenuate, wherby it digesteth
lymy fleume: beinge prepared with fygges, it
pourgeth fleume downewarde, with honye and
water upwarde, boyled in bynegar, it helpeth the
tothe ake, if the teethe be washed therwith. It is
hote and dry in the third degree.

Bourage

Comforsteth the harte, and maketh one merye,
eaten rawe before meales, or layde in wyne that
is drunke: Also mollifieth the bealy, and prepa-
reth to the stoole. It is hote and moist in the myd-
dell of the first degree.

Sauery

Pourgeth fleume, helpeth dygestion, maketh
quyck syght, prouoketh vrine, and styrreth carnall
appetite. It is hote and dry in the third degree.

Rokat

Heateth moch, and increaseth sede of man, pro-
uoketh courage, helpeth digestion, and somewhat
louseth. It is hote and moist in the second degree.

Tyme

Dissolueth wyndes, breaketh the stoine, expul-
syth vrine, and ceasseth freattynge. It is hote
and dry in the third degree.

Penitriall

Penyryall

Dothe extenuate, heate, and decocte, it refoureth the stomake, oppressed with fleume, it dothe recoinforze the faynt spirite, it expelleth melancholy by sege, and is medicinable agaynst many diseases. It is hote and dry in the third degree.

¶ Towne cresses.

¶ Paulus discommendeth, sayenge, that it resteth concoction, and hurteth the stomachke, and maketh yll iuyce in the body, taken as medicine it helpeth many diseases. It is hotte and drye in the third degree.

¶ Rosemary

Hath the vertue to heate, and therfore it dissolueth humour congeled with colde: It helpeth agaynst palseys, fallinge sickenes, olde diseases of the breaste, tourmentes or frettyng, it prouoketh vrine and sweat: it helpeth the cough taken with pepper and hony, it putteth away tothe ake, the roote beinge chewed, or the iuyce therof put in to the tothe, beinge bourned, the fume therof resteth the pestilence: the rynde therof sodden or butned, & the fume receyued at the mouth, stoppeth the reume, whiche falleth out of the head into the chekes or throote: whiche I my selfe haue proued, the grene leaves brysed, doon stoppe the hemorroides, yf they be layde vnto theym. This herbe is hote and dry in the third degree.

Spices

the spoune leaues of
Gallano bounde doo
Pipp the Galangado

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¶ Spyces growinge out of this realme vſed in
meate or drynke. Cap. 17.

¶ Pepper.

BLacke pepper is hottest, and most dry, white pepper is next, longe pepper is moſte tempeſate. The general propertie of all kyndes of pepper is to heate the body: but as Galene ſayth, it perceth downewarde, and dothe not ſpreade in to the vaynes, if it be groſſe beaten. It diſſolueth fleume and wynde, it helpeth diſtention, expulſeth vrine, and it helpeth againſte the diſeases of the breaste, proceſſyng of colde. It is hotte in the firſt degré, and dry in the ſeconde.

¶ Gynger

Heateth the ſtomake, and helpeth diſtention, but it heateth not ſo ſoone as pepper: but afterward the heate remayneth longer, & cauſeth the mouth to be moiſter: Being grene, or well confectioned in ſyrope, it conforſteth moche the ſtomacke and head, and quyckeneth remembraunce, if it be ta-ken in the morowe fastynge. It is hotte in the ſe- cond degré, and dry in the firſt.

Saffron

Somewhat byndeth, heateth, and conforſteth the ſtomake and the harte ſpecially, and maketh good diſtention, being eaten or drunken in a ſmall quantitie. It is hotte in the ſeconde degré, and dry in the fyſt.

Cloues,

Hath vertue to conforſt the ſynewes, alſo to conſume and diſſoluſe ſuperfluouſe humours. They be

be hotte and dry in the thyrd degree: sodden wth mylke, it comforteth the debilitie of nature.

Maces.

Dioscorides cominendeth to be dranke agaynst spitting of blod, and bluddy flures, & excessiue laskes. Paulus Egueta addeth to it, that it helpeth the colyke: they be hotte in the second degree and drye in the thirde degree. It is to the stomake very commodyous, taken in a lyttell quantitie.

Nutmigges,

With their swete odour conforteth and dissolue, and somtyme comforteth the power of the syght, and also the brayn in colde discrasies, and is hote and dry in the second degree.

¶ Of drynkes, and fyrt of water. Cap. 18.

VAdoubtedly water hathe preemynence aboue all other lycours, not onely bycause it is an elemēt, that is to say, a pure matter, wher of al other lycours haue their original substance: but also forasinoche, as it was the very naturall and fyrt dranke to all maner of creatures. Wherefore the sayeng of Pindarus the poete, was euer well allowed, whiche saythe, water is beste. And one thyngē is well considered, that from the creation of the worlde, vntyll the vniuersall deluge or floudde, duringe whichtyme, men lyued eight or nyne hunderde yeres, there was none other dranke vsed nor knownen, but water. Also the true folowers of Pythagoras doctrine, dranke onely water, and yet lyued longe: as Apollonius and

K other

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other: and in the serchinge out of secrete and mi-
sticall thynges, their wyttes excellyd. Moreouer,
we haue sene men and women of great age, and
stronge of body, whiche never or verye seldome,
dranke other dynke, than pure water: As by ex-
ample in Cornwall, although that the countey
be in a very colde quarter, whiche proueth, that
if men from their infancye, were accustomed to
none other dynke, but to water onely, moderatly
vsed, it shuld be sufficient to kepe naturall moy-
sture, and to cause the meat that is eaten, to perce
and discende vnto the places of digestion, whiche
are the pouropes that dynke serueth foze. But
nowe to the qualities of water, after the sentence
of auncient philosophers and phisitians, The
rayne water, after the opinion of the most men, if
it be receyued pure and cleane, is most subtyl and
penetratiue of any other watters: the next is that,
whiche issueth out of a spryng in the east, and pas-
seth swifly among great stones or rockes: The
thirde is of a cleane ryuer, whiche renneth on
great harde stones or pebles. There be dyuerse
meanes to tte out, whiche is the beste water. For
that whiche is lightest in poysse or weighe is best,
also that, wherof cometh leest skymme or frothe,
whan it doth boyle. Also that, which wyll soonest
be hot. Moreouer deape linnen clothes in to sun-
dry watters, and after lay them to dry, & that whi-
che is sonest dry, the water wherin it was deaped,
is most subtyl. After a great surfete, specially take
with superflouuse eatinge of bankettyng mea-
tes,

tes, cold water drunken, is a general remedy. Hypocrates affirmeth þ in sharp & feruent diseases, De ratiõe
uictus in
mor. acu-
And Galen wyl not, that children shuld be let frõ tis lib. 3. none other remedy is to be requyzed, than water. And Galen wyl not, that children shuld be let frõ tis lib. 3. drinking of water: but that whan they fele the sel- fes very hote, after meales, and do desire to drinx water, specially of a cleane fountayne, they shuld be suffred. Also Hypocrates saith, In such siknes where as thou fearest, lest the head shuld be vexe- mently greued, or the mynde perished, there must thou giue eyther water, or white wyne alayd with moche water. Not withstanding there be in water causes of dyuers diseases as of swellyng of the spleene, and the lyuer, it also flytteth & swymmeth, and it is longe or it perceth, in as moche as it is colde & slowe in decoction, it lowseth not the bealy nor prouoketh vrine. Also in this it is vyciouse, that of his proper nature, it maketh none ordure. Fynally, alway respect muste be hadde to the per- sone, that drynketh it. for to yong men, and them, that be hotte of complexion, it dothe lasse harme, and somtyme it profyteth. but to them that are feble, olde, fleumatike, or melancoly, it is not conve- nyent.

¶ Of wyne. Cap. 19.

Plato, the wyllest of all phylosophers, dothe affirme, that wyne moderately drunke, nou- cysseth and conforteth, as well all the bodye, as the spittes of man. And therfore god dyd ordyn it for mankynde, as a remedy againge the incom- modities of age: that therby they shulde seme to

Rit retourne

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retourne vnto yout, and forgette heuynes. Undoubtedly wyne heateth and moysteth the bodye, whiche qualities chiefly conserueth Nature. And Galene of all wynes, commendeth that, whiche is yelow and clere, saying. That it is the hottest, and white wyne leste hotte. And the colore meane betwene both, of semblable temperature. The yelowe wyne, whiche is the proper colour of very hotte wynes, to olde men dothe bryng these comodities. Fyrst it heateth all their members: also it purgeth by brine, the watrye substance of the bloud. Moreouer, the wynes, whiche be pale or yelowe, and full of substance, they do increase bloude, and nourishe the bodye: but for the moze part olde men haue nede of suche wynes, whiche do prouoke brine: forasmuche as in them doo abounde watry excrements or superfluities. And they whiche do tary longe in the bealy, be not apt for aged men. Blacke or deepe redde wynes and thicke, do bind and congele that whiche they doo synde in the body, and although some of theym do not long abyde in the bealy, yet they moue not brine, but rather withdraweth: but yet they doo harme to olde men, forasmuche as they do stoppe the cundites of the splene, the lyuer, and the raynes. Also grosse wines be best for them, which desire to be fat, but it maketh opilations: olde wyne and clere, is better for them, that be fleumatike. Galene also prohibith chyldeyne to drynke any wyne, forasmuche as they be of a hote and moyst temperature, and so is wyne: and therfore it heateth

teth and moysteth to moche their bodies, and fylleth their heades with vapoures. More ouer he wolde that yonge men shulde dynke lyttell wine, for it shall make them prone to fury and to lecherye: and that parte of the soule, whiche is callyd rationall, it shall make troublous and dulle: notwithstanding, yet it is somtyme profitable to mitigate or expell ordure, made of coler or melancony. Also it profyteth against drythe, whiche hangeth in the substance of the body, either by to moche labour, or by the proper temperature of age: for wyne moysteth and nourisheth that, which is to drye, also mitigateth and dissolueth the Sharpnes of coler, & purgeth it also by brine & sweate: Finally (as Theognes saith) Moch dynkinge of wyne is yll, but moderate dynkyng of wyne is not onely not yll, but also commodious and profitabile. Whiche sentence is confyrmēd by Iesus Syrac, in the boke named Ecclesiastic⁹ sayinge, Eccle. 13.

Wyne moderately dynke, reioyseth both the body and soule. Wherfore to conclude this chapter, There is neyther meate nor dynke, in the vse wherof ought to be a more discrete moderation, than in wyne, consyderynge that beinge good and dynke in due tyme and measure, it not only conserveth naturall and radicall moysture, whereby lyfe indureth, but also it helpeth the princypall members, whiche belongeth to digestion, to do their office: On the other parte, being yll or corrupt, or taken out of order and measure, it dothe contrary to all the premisses, besydes that it transformeth

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a man or woman, makyng them beastly. More
of the qualities of wine, shall be touched hereaf-
ter in the order of diete.

¶ Of Mylke, Cap. 20.

Aetius.

Mylke is compact of thre substances, creame, whey, & cruddes. The moste excellent milke is of a woman. The mylke of a cow is thykest, the mylke of a camell is most subtyll, the mylke of a goote is betweene cowe mylke, and camell mylk. Ewes mylke is betweene cowe mylke and asses mylke. Also the mylk of beastes, fedynge in large pastures, and out of fennes and marshes, is bet-
ter than of them, whiche be fedde in lyttell cioses, or in watry groundes. In springe tyme mylke is most subtyll, and mylke of yong beastes, is holso-
mer, than of olde. To chyldren, olde men, and to them, which be oppressed with melancoly, or haue the fleshe consumed with a feuer ethike, mylke is conuenient. And generally to all them, whiche do not fele the mylk rise in their stomakes, after that they haue eaten it: and in those persons, it dothe easily pourge that whiche is in the bealye super-
fluous. And afterwarde it entreth in to the bay-
nes, and bringeth good nourishment. Who soo euer hath an appetite to eate or dynke mylke, to the entent that it shal not arise or abraied in the sto-
make, let hym put in to a vessell, out of the whiche he wyll receyue it a few leaues of myntes, sugar or pure hony. And in to that vessell cause the best to be mylked, and so dynke it warme from the bdder:

vdder: or els let hym do as **Paulus Egineta** teacheth, that is to say, boyle first the mylke with an easy fire, & sethe it after with a hotter fire, & skym it clene, and with a spunge deaped in cold water, take that cleane away, whiche wolde be burned to the vessell, than put to the mylke, salt and sugar, & stere it often. **Moze** ouer mylke taken to purge **Oribasius** melancoly, wold be drunke in the morning abundantly newe mylked as is before witten. And he ^{de confessione cicborū li. 3.} that drinketh, shuld absteyn from meate, and exercise, vntyll the milke be digested, and haue somewhat purged the bealy. For with labour it becometh soure: & therfore it requyret rest & watch or to walke very softly. Finally, where men & wome be vsed from their chilhode, for the more part, to mylke, and do eate none or lyttell other meate, but mylke and butter, they appere to be of good complexion and facion of body, & not so moche vexed with sycknes, as they whiche drynke wine or ale: notwithstanding moch vse of milke in men sanguine or colerike, doth ingender the stone.

¶ Of ale, biere, cyder, and whay.

I Can neither here nor rede, that ale is made and vsed for a comon drynke in any other countrey than England, Scotlad, Ireland, & Poyle. The latyn worde **Cereuitia**, is indifferent as welle to ale as to biere. If the corne be good, the water holosome and cleane, and the ale or biere welle and perfytelye brewed and clensed, and by the space

of

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of syx dayes or more, settled and defecate, it must nedes be a necessary & conuenient drynk, as well in syknes as in helth: consyderinge that barleye corne, wherof it is made, is commended, and vsed in medicine, in all partes of the wrold, & accompted to be of a syngular efficacy, in reducynge the body into good temper, specially whiche is in a di-temperature of heate. For what auncient phisition is there, that in his workes commendeth not pty sane, whiche is none other than pure bar-ley, braied in a morter, and sodden in water: The same thyng is smalle and cleane ale or byere, sa-uyng that perhaunce, the drenge of the malte, is cause of moze dryth to be in the ale, than in pti-
*To made a
pty sane.*
sane. And the hoppes in biere maketh it colder in operation. But to say as I thynke, I suppose, þ neither ale nor biere is to be compared to wyne, consideringe, that in them do lacke the heate and moysture whiche is in wyne. For that being mode-rately vsed, is most lyke to the naturall heate and moysture of mans bodye. And also the lykour of ale & biere beinge moze grosse, do ingender moze grosse vapours, and corrupt humors than wyne doth, beinge drunke in like excesse of quantitie.

As for Cyder, maye nat be good in any con-dicion, consyderynge (as I sayde) that all frui-tes doo ingender yll humours, and doo coole to moche naturall heate: but to them, whiche haue abundance of red coler, moderatly vsed, it some-what profyteth in mitigation of excessyue heate. But who that wyll diligently marke in the coun-
tryes,

treys, where syder is vsed for a common dynke, the men and women haue the colour of their vsage pallyd, and the skynne of theyz vsage ryuelled, although that they be yonge. Whay, yf it be leste of the butter, beinge well ordred, and not dynke, vntyll it haue a thycke curde of mylke ouer it, lyke to a hatte, is a right temperate dynke for as moche as by the vnciuositie of the butter, wherof the whay retayneth som portiō, it is both moist and nouryshynge, and clenseth the breaste: and by the subtylnes of it selfe, it dissendeth sone from the stomake, and is shortly digested. Also by reason of the affinitie, whiche it hath with mylke, it is converteable in to bloude and fleshe, specyally in those persons, whiche do inhabyte the northe partes, in whom naturall heate is conglutinate, and therfore is of more puissance and vertue in the office of concoction. Also custome from chyldhode doth eleuate the power of meates and dynkes in their disposition, notwithstandinge that the foure humours, sanguine, coler, fleume, and melancholy, must also be consydered, as it shal appere in diuers places hereafter.

¶ Of Honye. Cap. 22.

HOnye as welle in meate as in dynke, is of incomparable efficacy, for it not onely clenseth, altereth, and norisheth, but also it long tyme preserueth that vncorrupted, which is put in in to it. In so moche as Pliny sayth: Suche is the nature of hony, that it suffreth not the bodies to putrefie.

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Plin. li. 22

trifie. And he affirmeth, that he dyd se an Hippocentaure (whiche is a beaste halfe man, halfe horse) brought in honye to Claudius the emperor out of Egypte, to Rome. And he telleth also of oone Pollio Romulus, who was aboue a hundred yeres olde, of whome Augustus the emperor demanded, by what meanes he lyued so longe, and retayned styll the vygour or liuelines of body and mynd, Pollio answered, þ he dyd it inwarde with meade (whiche is drynke made with hony & water) outward with oyle. Whiche sayeng agreeth with the sentence of Democritus, the greate philosopher: who being demanded, how a man mought lyue longe in helthe, he aunswere, If he wette hym within with honye, without with oyle. The same philosopher, whan he was a hundred yeres olde and nyne, prolonged his lyfe certayne dayes with the euaporation of honye, as Arestorumus writteþ. Of this excellent matter, moste wonderfully wrought and gathered by the lyttell bee, as wel of the pure dewe of heuen, as of the most subtill humor of swete & vertuous herbes & floures, be made lykors cōmodious to mākynd; as mead, metheglyn, and oximell. Meade, whiche is made with one parte of hony, and fourtyme so moche of pure water, and boyled vntyll no skym do re-
mayne, is moche comended of Galene, drynke in somimer, for preseruyng of helth. The same au-
thor alway commendeth the vsyng of hony, ey-
ther rawe eaten with fyne breadde, somewhat le-
uened, or sodden, and receyued as drynke. Alsoo
meade

to make meado
 Galen. de
 tuend. sa-
 nita. li. 4.

meade perfectly made, clenseth the breast and lun-
ges, causeth a man to spyte easly, and to pisſe a-
bundantly, and purgeth the bely moderatly. Me-
theglyn, whiche is moſte uſed in wales, by reaſon
of hotte herbes boyled with hony, is hotter than
meade, and moze comforteth a colde ſtomake, if it
be perfectly made, and not new or very stale. Oxi-
mell is, where to one part of byneget is put dou-
ble ſo moche of honye, foure tymes as moche of
water, and that being boyled into the third part,
and cleane ſkymmed with a fether, is uſed to be
taken, where in the ſtomacke is moche fleume or
matter vndigested, ſo that it be nat redde choler.
Loke the uſe therof in Alexandro Tralliano.

Many other good qualities of honye, I omytte
to write of, vntyll ſome other occaſion ſhall hap-
pen, to remember them partycularly, where they
ſhall ſeme to be profitable.

¶ Sugar. Cap. 23.

Of Sugar, I do fynd none auncient authoſ
of grekes or latynes, do write by name, but
onely Paulus Aegineta, who ſayth in this wyſe,
after that he hath treated of hony. Moreouer ſu-
gar, whiche they calle hony, that is brought to vs
from Arabia, called Felix, is not ſo ſweete as oure
hony but is equall in vertue, and doth not annoy
the ſtomake, nor cauſeth thyſt. These be the wor-
des of Paulus. It is nowe in dayely expeſyence,
that Sugar is a thynge verye temperate and
nouryſhynge, and where there is choler in the

Lii ſtomake

To make
Oximelle.

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Stomacke, or that the stomacke abhorret honye, it may be vsed for honyp in all thinges, wherin honyp is required to be. With sugar and vyneger is made Sirupe acetose.

Sirupe a-
cetose.

wynter.

Drinke.

Gal. in cō
ment. in a
pho. 2. li. 3

¶ Of tyme. Cap. 24.

In the consyderation of tyme, for takynge of meates and drynkes, it is to be remembred, that in winter meates ought to be taken in great abundance, and of a more grosse substance than in sommer, forasmoch as the exteriour ayre, whiche compasseth the body beinge colde, causeth the heate to withdrawe into the inner partes, where being inclosed, and gathered nygh together in the stomake and entrayles, it is of more force to boyle and digeste that, whiche is receyued in to it. Also meates rosted, are than better than sodden, & flesh and fyfhe powdered, is than better than in somer. Herbes be not than commendable, specially raw, neither fruities, excepte quynces rosted or baked: Drinke shuld be than taken in a lyttell quantitie. More ouer wynes shal nede no water, or very lytell, and that to colerike persones: redde wynes, and they, whiche be thicke and swete may be than moste surely taken of them, whiche haue none opilations, or the stome. Alway remember, that in wynter fleyme increaseth, by reason of rayne and moystnes of that season, also the length of nighnes and moche rest. And therfore in that tyme conseruynge in a leriike persons, ar best at ease, semblably are yong men: but to olde men wynter is enemy. It beginneth

neth the. viii. day of Nouember, and endureth vn
tyll the. viii. day of February.

The spryng tyme dothe participate the fyriste spryng tyme
parte with wynter, the later parte with sommer.
Wherfoze if the fyrist parte be colde, than shall the
diete be accordinge to winter. If the ende be hote,
than shall the diete be of summer. If both partis
be temperate, thā shuld there be also a temperāce
in diete: alway consyderynge, that fleume yet re-
maineth, and bloude than increaseth. And meate
wolde be lasse in quantitie thanne in wynter, and
drynke somewhat more. Spryng tyme begyn-
neth the. viii. day of February, and continueth vn
tyll the. viii. day of May.

In Sommer the inward heate is but lytel, and Sommer.
the stomake doth not digest so strongly nor quik- Gal. com.
ly, as in winter. Wherfoze in that season, eatinge in aphor.
often, and a lyttell at ones, is moste conueniente,
And Damascenus sayth, that fastynge in sommer
dryeth the bodye, maketh the colour salowe, in- Hipocra-
gendreth melancolye, and hurteth the syght. also tes de hu-
boyled meate, breade steped in white brothe, with moribus.
sodden lettise, or cikozie, are than good to be vsed,
also varietie in meates, but not at one meale, po-
tages made with colde herbes, drynke in more a-
bundance, wyne alayde with water, to hotte com-
plexions moche, to colde natures lasse. In this Galen. in-
season bloudde increaseth, and towardē the ende commen.
therof, coler. And therfoze they, whiche be cold of in aphor.
nature and moyst, are than best at ease, hotte na-
tures and drye warste. Moreouer childeyne, and

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Very yong men in the beginninge of sommer, are
hollest, olde folke in the latter ende, and in haruest.
Sommer begynneth the. viii. day of May, and con-
tinueth vntyll the. viii. day of August.

Autumne

Autumne begynneth the. viii. day of August,
and endeth the. viii. day of Nouember, that sea-
son of the yere is variable, and the ayre changea-
ble, by occasion wherof, happen sundry syckenies-
ses, and blode decreaseth, and melancholy aboun-
deth: wherfore all sommer fruites wold than be
eschewed, forasmuche as they make yll iuyce and
wyndes in the body. In this tyme meate wold be
more abundant than in sommer, but somewhat
drier: dynke must be lasse in quantite, but lasse
myxt with water. This tyme is daungerous to
all ages, all natures, and in all countreys, but the
natures hote and moist, be leste indamaged.

¶ Diete concernyng sundrye tymes of the yere,
wrytten by the olde phisition Diocles
to kyng Antigonus.

From the. xii. day of December, at the whiche
tyme the day is at the shordest, vntyl the ninth
day of Marche, whiche do conteyne. xc. days,
reumes and moistures do increase; than meates
and drinke naturally very hot, wold be moderat-
ly vsed. Also to dynke wyne abundantly with-
oute alaye or with lyttell water, and to vse lybe-
rally the company of a woman, is not vnholsome
to the body.

¶ From the nynthe day of Marche, at whiche
tyme

tyme is & equinoctium uernum, vnto the. xxv. daye of Apryll, swete fleume and bloud do increase, therfore vse than thinges hauyng moche iuyce and Sharpe, exercise the body diligently, than maye ye vse safelie the company of a woman.

CFrom the. xxv. daye of Apryll, to the. xiii. daye of June, Choler increaseth, than vse all thynges that are swete, and do make the healy soluble, forbeare carnall company with women.

CFrom the. xiii. daye of June, at whiche tyme the day is at the lengest, vnto the. vi. daye of September, dothe melancholy reigne, forbeare carnall company or vse it moderatelye.

CFrom the. vi. daye of September, vnto the xvii. daye of October, doo abounde fleume and thygne humours, than wolde all fluxes and distillations be prohibited, than all Sharpe meates and dynkes, and of good iuyce, are to be vled, and carnall occupation shulde than be exchewed.

CFrom the. xvii. daye of October, to the. xii. daye of December, increaseth grosse fleume, vse therfore all byster meates, swete wynes, fatte meate, and moche exercise.

¶ Of Ages. Cap. 25.

CHyldren wold be noryshed with meates and dynkes, whiche are moderatly hotte and moyst, not withstandinge Galene doth prohibite them the vse of wyne, bycause it moysteth and heteth to moche the body, and sylleth the heades of them, whiche are hote and moyst, with vapours.

Children.
Galen. de
tuen. sani.
lib. prim.

also

THE SECONDE

also he permitteth them in hotte wether to drinke
clere water.

Children,
Oribasius
de uirtute
simp. li. i.

Cal chylde growynge faste in his members to-
ward a man, so that he semeth well fedde in the
body is than to be feared of fulnesse of humors,
and if it be perceiued, that he is replete, than must
be withdrawen and minished some parte of that
nutriment, and accordinge vnto his age, some e-
vacuation wolde be devised, otherwhile by exer-
cise, walkynge vp and downe fastinge, and before
that they eate any meate, let them exercise theym
selues with their owne labours, and do their ac-
customed busynes, and eate the meates, whervn-
to they be most vsed, so that it be luche, that maye
nat hurte theym. And this nedeth they not to know
of phisitions, but by experiance and diligent serch
by their stoole, their nouices shal perceyue what
digesteth wel, and what doth the contrary.

CBut if it appere, that by excessiue fedinge, the
bealy of the chylde is fuller and greater than it
was wonte to be, and that whiche passeth by the
bealy, is corrupted, or his sweate stynketh. These
thinges knownen, if they eate strong meates, giue
them not one, kynde of meate, but dyuers, that the
noueltie of the meate may helpe, that they may go
more easily to the stoole. So, if any haue an vre-
sonable appetite, he is sooner recovered, if he be
poured by a boyle or impostume comen for the
broken, before that the meate be corrupted: & after
that let him eate fine meates, and being ones hole
retourne by lytell and lytell to his olde custome.

Yonge

Yonge men, excedyng the age of. xiii. yeres, Yong me
shall eate meates mo^re grosse of substauice, col-
der and moyster: also salades of cold herbes, and
to drinke seldome wyne, excepte it be alayed with
water. Albeit all these thynges must be temp^{red},
accordinge to their complexions, and exercise and
quietnesse in lyuinge, wherof ye shall rede in their
proper places hereafter.

Olde men, in whome naturall heate & strength Olde mē.
semeth to decay, shuld vse alway meates, whiche
are of qualitie hotte and moyste, and therwithall
easy to be digested, and abstayne utterly from all
meates and drynkes, which wyll ingender thicke
iuyce and slymy, semblably from wyne, whiche is
thycke, swete, and darke redde wynes, and rather
vse them, which wyll make thynne humours, and
wyl purge wel the bloud by vrine: therfore white
or yelow wynes, and perchance frenche claret wi-
nes are for them very comendable. Also wine pre-
pared with pure hony clarified, wherin rootes of
persely or fenell be stieped, specially if they suspect
any thing of the stone, or goute. And if they mo^re
delyre to clese their raynes and bladder: than is
it good to vse small white wine, as racked renishe
wine, or other like to it, and somtyme to stepe ouer
night therin a persely rote slit, and somwhat byui-
led, and a lytel lykorce. Finally, let them beware
of all meates, that wyll stoppe the pores, & make
obstructions or oppilations, that is to saye, with
clammy matter stoppe the places, where the na-
turall humours are wrought & digested, the whi-

for y^r g^tone
Paulus E-
gineta. li. i
cap. 13.

to clese the
raynes and
bladder.

Oppilations
what they
are.

THE SECONDE

che meates I haue before set in a table. But if it chaunce them to eate any suche meate in aboundance, let them take shortely suche thynges, as do resyste oppylations, or resolute them. As whyte pepper brused & myxt with their meates or drinke: garlyke also, or onions, if they abhorre them nat. Alway remember, that aged men shuld eate often, and but litel at euery time, for it fareth by them as it doth by a lampe, the lyght wherof is almost extincte, which by pouring in of oyle litel and litel is long kept bourninge: & with moch oyle poured in at ones, it is clene put out. Also they must forbeare all thynges, which do ingender melancoly, wherof ye shall rede in the table before: and breadde clene without leuen is to them vnholosome.

Moderation in diete, hauyng respect to the strength
or weakenes of the persone. Cap. 26

Nowhere it must be considered, that although I haue written a generall diet for every age, yet nethelesse it muste be remembred, that somme chyldren and yong men, eyther by debilitie of nature, or by some accidentall cause, as syckenes, or moche studye, happen to gather humours flematik or melancoly in the places of digestion, so that concoction or digestion is as weke in them, as in those, whyche are aged. Semblablye, some olde men fynde nature so beneficiall unto theym, that their stomakes and lyuers are more stronge to dygeste, than the sayde yonge men, somme perchaunce haue moche choler remaynyng in them.

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In these cases the sayd yonge men muste vse the diete of olde men, or nygh vnto it, vntyll the discrasie be remoued, hauinge alway respect to theyz vnyuersall complexions, as they, whiche are naturally colerike, to vse hotte thynges in a moze temperance than they, whiche be fleuimatike, or melancholy by nature. The same obseruation shall to be olde men, sauinge that age, of his owne propertie is colde and drye, therefore the olde man, that is cholerycke, shall haue more regarde to moysture in meates, than the yonge man, beinge of the same complexion. Foresene alwaye, that where nature is offended or greued, she is cured by that, whiche is contrary to that, whiche offendeth or greueth, as colde by heate, heate by colde, drythe by moysture, moysture by drythe. In that wherby nature shoulde be nourysched, in a hole and temperate body, thynges must be taken, whiche are lyke to the mannes nature in qualitie and degree. As where one hath his bodye in a good temper, thynges of the same temperaunce do the nouryshe hym. But where he is out of temper, in heate, colde, moysture, or drythe, temperate meates or dynkes, nothyng do profyte hym. For beinge out of the meane and perfytte temperature, nature requyret to be therto reduced by contraries, remembryng not onely, that contraries are remedye vnto their contraries, but also in euery contrarie, consideration be hadde of the proportion in quantitie,

Hippocrat.
aphor.

Galen. in

Myff Tymes

THE SECONDE
Tymes in the day concernyng meales. Cap. 27.

BEYdes the tymes of the yere and ages, there
be also other tymes of eatinge and drinkeinge
to be remembred, as the sundry tymes in the day,
whiche we call meales, which are in number and
distance, accordinge to the temperature of the cou-
try and person: As where the countrey is colde,
and the person lusty, and of a strong nature, there
may mo meales be vsed, or the lasse distaunce of
tyme betwene the. Contrarywise in contrary cou-
trays and personages, the cause is afore rehersed,
where I haue spoken of the diete of the tymes of
the yere, notwithstandinge here must be also con-
sideration of exercise and rest, which do augment
or appaire the naturall disposition of bodyes, as
shalbe moxe declared hereafter in the chapiter of
exercise. But concernyng the generall vsage of
countreis, and admitting the bodies to be in per-
fite state of helthe, I suppose, that in Englande,
yong men, vntil they come to the age of. xl. yeres,
may well eate thre meales in one day, as at breste-
fast, dyner, and supper, so that betwene breste-
fast, and dinner, be the space of foure houres at the least,
betwene dinner and supper. vi. houres, & the breste-
fast lasse than the dinner, and the dyner moderate,
that is to say, lasse than satietie or fulnesse of bea-
ly, and the dynke ther unto mesurable, according
to the dynnesse or moystnes of the meate. For mo-
che abundance of dynke at meale, dze whiche the
meate eaten, and not only letteth conuenient con-
coction

coction in the stomake, but also causeth it to passe
faster than nature requireth, and therfore ingen-
deth moche fleume, and consequently reumes, &
crudenes in the baynes, debilitie and slyppernes
of the stomacke, contynuall fluxe, and many o-
ther inconueniences to the body and members.

But to retourne to meales, I thynke b^reakesa- Brekfast
stes necessary in this realme, as well for the cau-
ses before rehersed, as also forasmoch as coler be-
inge feruent in the stomacke, sendeth vp fumosi-
ties vnto the brayne, and causeth head ache, and
sometryme becommeth aduste, and sinould^reth in
the stomake, wherby happeneth peryllous sycke-
nes, and somtyme sodayne deathe, if the heate in-
closed in the stomake haue nat other conueniente
matter to work on: this dayly experiance proueth,
and naturalle reason confirmeth. Therfore men
and women not aged, hauyng their stomackes
cleane without putrified matter, slepyng mode-
rately and soundly in the nyght, and felinge them
selfe lyght in the morninge, and swete b^rethed, let
them on goddis name b^reake their fast: Colerike
men with grosse meate, men of other complexiōs
with lyghter meate. Forseen, that they laboure
somwhat before: semblably their dinner and sup-
per, as I haue before w^ritten, so that they sleape
not incōtinent after their meales. And here I wyl
not recyte the sentences of autho^rs, whyche had
neuer experiance of Englysshe mens natures, or
of the iuste temperature of this realme of Eng-
lande, onely this counsayle of Hipocrates shall

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Hipoc. a= be sufficient. We oughte to graunt somewhat to
phor. 18. time, to age, & to custom: not withstanding whers
li. i. great wearinessse or druth, greueth the body, their
Galen. de
tuen. sani. ought the dynner to be the lesse, and the longer di-
stance betwene dynner and supper, also moche rest,
excepte a lyttell softe walkynge, that by an vp-
ryght mouynge, the meate being styrred, may des-
cende. This is alway to be remembred, that where
one feleth hym selfe full, and greued with his di-
nner, or the sauoure of his meate by eructation as-
cendeth, or that his stomake is weke by late syk-
nes or moche study, than is it most conuenient, to
absteyne from supper, & rather prouoke him selfe
to slepe moch, than to eate or drinx any thinge. al-
so to drinke betwene meales, is not laudable, ex-
cepte very greate thirste constraineth, for it inter-
rupteth the offyce of the stomake in concoction, &
causeth the meate to passe faster thā it shuld do, &
the drinke being cold, it rebuketh naturall heate
that is workinge, and the meate remaininge raw,
it corrupteth digestion, & maketh crudenes in the
vaines. Wherefore he þ is thirsty, let him consider
the occasion. If it be of salt fleme, let hym walke
faire & softly, and only washe his mouth and his
throte, with barly water, or with small ale, or lye
downe and slepe a lyttell, and so the thirst wil passe
away, or at the least be well asswaged. If it happe
by extreme heat of the aire, or by pure coler, or ea-
tinge of hotte spices, let hym drinke a lyttell iulep
made with cleane water and sugar, or a lytel smal
biere or ale, so that he drinke not a great glut, but
in a

To make a
iulep. of water
& Engars.

in a lytel quantite, let it styl downe softly in to his stomake, as he sitteth, & than let him not moue so dainly. If the thirst be in the eueninge, by eatinge to moche, and drynkinge of wine, than after the opinion of the best lerned phisitions, and as I my selfe haue often experienced, the best remedy is, if there be no feuer, to drynk a lytell draught of cold water immediatly, or els if it be not peynefull for hym, to vomite, to prouoke him thereto with a litel warm water, & after to washe his mouth with vinner & water, and so to slepe long & sundly, if he can. And if in the morynge he fele any fumosities rynginge, than to drinke iulep of violettes, or for lacke thereof, a good draught of verye smalle ale or biere, somewhat warmed, without eatynge any thyng after it.

*July of
1610*

¶ Of diversite of meates, whereby healthe
is appayred. Cap. 28.

Nowe let this be a generall rule, that sundry meates, being dyuers in substance and qualite, eaten at one meale, is the greatest enemy to helth, that may be, & that whiche engendreth most syknesses. for some meates being grosse and hard to digest, some fyne and easy to digest, do requyre dyuers operations of Nature, and dyuers temperatures of the stomake, that is to saye, moche heate, and temperate heate, whiche maye nat be togyther at one tyme. therfore whanne the fyne meate is sufficentelye boyled in the stomacke, the grosse meate is rawe, so bothe iuyces, the one

good

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good and perfite, the other grosse and crude, at one tyme digested, and sente in to the baynes and body, nedes must helthe decaye, and sycknesses be ingendred. Lykewyse in dyuers meates beinge dyuers qualities, as where some are hot & moist, some colde and moyste, some hott and drye, some colde and dry, accordaninge therunto shall the iuice be dyuers, which they make in the body. And like as betwene the sayd qualities is contrarietie, soo therby shalbe in the body an vnequall tempera-
ture, forasmuche as it is not possyble for man to esteme so iust a propozition of the qualites of that whiche he receyueth, that the one shall nat excede the other. Wherefore of the sayde vnequall myx-
ture, nedes muste ensue corruption, and conse-
quently sycknes. And therfore to a hole man it were better, to fede at one meale competently on very grosse meate only, so that it be swete, and his nature do not abhorre it, than on diuers fyne meates, of sundry substance and qualities. I haue knownen and sene olde men and olde women, whi-
che eatynge onely bife, bakon, chese, or curdes, haue continued in good healthe, whome I haue proued, that whan they haue eaten sundrye fyne meates at one meale, haue soone after felte theym selfe greued with frettynges and head ache, and after that they haue ben hole agayne, there hathe ben gyuen to them one kynde of lyght meate, they haue done as well therwith, as they were wonte to do with grosse meates, whan they eate it alone whiche proueth to be true that whiche I haue re-
hersed.

hersed. And it is good reson, for after the generall opinion of philosophers and phisitions, the nature of mankynde is best contente with thynges moste syngle and vnyxte, all thynges tendyng to vnitie, wherin is the only perfection. Also it is a generall rule of phisyke, that where a sycknesse may be cured with symples, that is to saye, with one onely thinge that is medicinable, there shuld the phisition gyue no compounde medicine myxt with many thynges. These thynges consydered it may seme to all men, that haue reason, what abuse is here in this realme in the continual gourmandise, and dayly fedinge on sundry meates, at one meale, the spirite of gluttony, tryumphyng Gluttony. amonge vs in his gloriouſ chariotte, callyd welſfare, dryuyng vs afore hym, as his prisoners, into his dungeon of ſurfet, where we are tourmented with catarres, feuers, goutes, plutesies, ſcettinge of the guttes, and many other ſyckenesses, and fynally cruelly put to dethe by them, oftentimes in youth, or in the moſt pleasant tyme of our lyfe, whan we wolde moſte gladly lyue. For the remedy wherof, how many tymes haue there ben deuysed, ordynances and actes of counſayle, all though perchance bodily helth was nat the chief occaſion thereof, but rather prouision agaynſte vayne and ſumptuous expenses of the meane people. For the nobilitie was exempted and had libertie to abide styl in the dongeon, if they wold, and to lyue lasse while than other men: But whā, where, and howe longe were the ſayd good deuiſes

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ses put in due execution, for all that therof shuld
succede double profit, that is to say, helth of body
and increase of substance, by eschewinge of super-
fluous expenses in sundry dishes: Alas how lōge
wyll men fantasy lawes and good ordynaunces,
and neuer determyne them. Fantasy procedeth of
wytte, determination of wisedome, witte is in the
deuising & spekyng, but wisdom is in the perfor-
mance, whiche resteth onely in execution. Here I
had almost forgotten, þ my purpose was to write
of the order of diete, and not of lawes, but the
feruent loue that I haue to the publike weale of
my countrey, constrained me to digresse somwhat
from my matter: but nowe wyll I procede forth
to write of order, whiche in takynge of meates
and drynkes, is not the leste partie of diete.

¶ Of Order in receyuyng of meate and
drynke. Cap. 29.

HErbes as well sodden as unsodden, also fru-
ites, whiche do mollifie and louse the bealye,
ought to be eaten before any other meate, excepte
that sometyme for the represlyng of fumosities,
rysyng in the head by moche drynkyng of wyne,
rawe lettyse, or a colde apull, or the iuyce of oren-
ges or lymons maye be taken after meales in a
lyttell quantitie. Moreouer all brothes, mylke,
cere egges, and meates, whiche are purposely ta-
ken to make the bely soluble, wold be fyrist eaten.
All fruities and other meates, that ate stiptike or
byndyng, wolde be eaten last of all other. Frui-
tes

tes confectionate specially with hony ar not to be eaten with other meates. But here it is to be diligently noted, that where the stomake is colericke and stronge, grosse meates wolde be fyſte eaten: where the stomake is colde or weake, there wolde fyne meates be first eaten. for in a hot stomak fine meates are bourned, whyle the grosse meate is digestyng. Contrarywise in a colde stomake, the littell heate is suffocate with grosse meate, and the fine meate left raw, for lacke of concoction, where if the fine meate be first taken moderately, it styrreth vp and comforzeth naturall heate, and maketh it more able to concoct grosse meates, if they be eaten afterward: so that it be but in ſinal quan- tite. notwithstanding, as I late affirmed, one ma- ner of meate is moſt ſure to euery complexion. for ſene that it be alway moſt comonly in conformi- tie of qualites, with the person that eateth. Moſe ouer take hede, that fypper meates be not fyſte eaten, leſt it draw with it to hastyly other meates or they be digested, nor that ſtiptik or restraining meates be taken at the begynnyng, as quinces, pears, and medlars, leſt they may let other mea- tes, that they descende not in to the bottom of the stomake, where they ſhulde be digested, not with- standyng the confection made with the iuyce of quynces called Dacytonites, taken. ii. houres afore dynner or ſupper, is commended of Galen, & other, for reſtozing appetite, & making good concoction. Also concerninge dynke at meales, it wold not be Drinke ar afoſe that ſomwhat were eaten. And at the begin- meales.

¶ ii nyng

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ninge, the dyrk wold be strongest, and so toward the end more small, if it be ale or biere: and if it be wyne, more and more alayde with water. And after the better opinion of physitions, the dyrnke wolde rather be myxte with the meate by sundrye lyttell draughtes, than with one greate draughte at thende of the meale, for the myxture tempzeth well the meate without anoyace: a great draught with moch dyrnke, drowneth the meate, rebuketh naturall heate, that than worketh in concoction, and with his weight drayneth downe the meate to hastily. Hote wynes & swete, or confectioned with spices, or very stronge ale or biere, are not conuenient at meales, for the meate is by theym rather corrupted, than digested, and they make hote and stynkyng vapours ascend vp to the braynes, albeit if the stomacke be very wyndy, or so cold and feble, that it can not concocte such a quantitie of meat, as is requyred to the sufficient nourishmet of the body of hym that eateth, or hath eaten raw herbes or fruities, wherby he feleth some annoyance, than may he dyrnke laste incontinent after his meale a lyttell quantitie of secke, or good aqua vite in small ale: but if he haue moche coler in his stomake, or a head full of vapours, it were moche better, that he dyd neither dyrnke the one, nor the other, but rather eate a lyttell colyander sede prepared, or a piece of a quynce rosted, or in marmelade, and after rest, to amende the lacke of nature with slepe, moderate exercise, and plasters prouyded for comfortynge of the stomacke. And

Here

here wyll I leaue to write any moze of the diete in eatinge and drinkyng, sauinge that I wold, that the reders shulde haue in remembrance these two counsayles. Fyrst, that to a hole man, to precise a rule is not conuenient in diete: and that the diseases, whiche do happen by to moche abstinence, are warrs to be cured, than they whiche come by repletion. And as Cornelius Celsus saith, A man that is hole and well at ease, & is at his lybertie, ought not to wynde him selfe to rules, or nedē a phisition: but yet where the stomacke is feeble, as is of the Idē. cap. 2. more part of citesyns, and well nygh all they that be studious in lernynge or weyghtye assayres, there ought to be moze circumspection, that the meate may be suche, as that eyther in qualitie or quantitie, nature being but feble, be not rebuked, or to moche oppressed.

Cor. Cel.
li. i. ca. 1.

¶ Of sleape and wachte. Cap. 30.

The commoditie of moderate slepe appereth by this, that naturall heate, whiche is occupied about the matter, wherof procedeth nourishment, is comforted in the places of digestion, and so digestiō is made better, or moze perfit by slepe, the body fatter, the mynde moze quiete and clere, the humours temperate: as by moche wachte all thynges happen contrarye. The moderation of slepe must be measured by helthe and syckenes, by age, by tyme, by emptynesse or fulnesse of the body, & by naturall complexions. Fyrst to a hole man having no debilitie of nature, and digesting per-

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fyfly the meate that he eateth, a lytel slepe is suffi-
cient: but to them, which haue weake stomakis, &
do digest slowly, it requireth that sleape be moch
lengar. semblable tēperance is required in youth
and age, wynter and sommer. The body beinge
full of yll humors, very lyttell slepe is sufficient,
except the humors be crude or raw, for thā is slepe
necessary, whiche digesteth them better than la-
bour. Semblably, where the body is long empty
by longe syknesse or abstinence, slepe conforteth
nature, as well in the p̄incipall members, as in
all the other. Also regarde must be had to the com-
plexion, for they that are hot, & do eate lyttell & di-
gest quickly, a lytell slepe serueth, specially to co-
leryke persons, for in them moche slepe augmen-
teth heate, more than is necessary, wherby hot fu-
mes and inflamations ar often ingendred, & som-
tyme the naturall coler is aduste or putrified, as
experience teacheth. Fleumatike persons are na-
turally inclyned to slepe: and bycause they ingen-
der moche humors, they require more sleape than
sanguine or colerike. Persons hauyng natural
melancoly, not procedyng of coler aduste, do re-
qure very moch slepe, whiche in them conforteth
the powers animall, vitall, and natural, which ye
may finde written in the tables precedinge. Slepe
wold be taken not immediatly after meales, & be-
fore that the meate is discended from the mouthe
of the stomake. For therby is ingendred peines &
noyse in the bely, & digestion corrupted, & the slepe
by yl vapors asceding, made vnquiet & troublus.

Moze

Moreover immoderate slepe maketh þ body apt unto palsies, apoplexis, falling sicknes, reumes, & impostumes, also it maketh the wittes dulle, and the body slowe & vnapt to honest exercise. sembla- bly immoderate watch dryeth to moch the body, and doth debilitate the powers animall, letteth dige- stion, & maketh the body apt to consūptiōs. wher- fore in these. ii. thīges, as wel as al other, a diligēt tēperance is to be vsed. the moderation is best cō- jected (for it is hard perfittly to know it) by the sen- sible lightnes of al the body, specially of the brain the browes and the eies, the passage downe of the meat from the stomake, the wyll to make vrine, & to go to the stoole. Contrarywyse, heuynes in the body & eies, and sauour of the meate before eaten signifieth that the slepe was not sufficient. They that are hole must slepe fyſt on the right syde, by- cause the meate may approche to the lyuer, whiche is to the stomake, as fyre vnder the pot, & by hym is digested. To them, which haue feble digestion, it is good to slepe prostrate on their bealies, or to haue their bare hand on their stomakes. Liengē vpright on the backe is to be vtterly abhorred.

¶ The commoditie of exercise, and the tyme when it shuld be vsed. Cap. 31.

E very meuyng is not an exercise, but only that whiche is behement, thende wherof is altera- tion of the breath or wynde of a man. Of exercise do procede two commodities, euacuation of ex- crementes, and also good habite of the body, for Euacuatiō Excremē- Exercise

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Exercise beinge a vehement motion, therof nedes
must ensue hardnes of the members, wherby la-
bour shal the lesse greue, and the body be the moze
Stronge to labour. also therof commeth augmen-
tation of heate, wherby hapneth the moze attra-
ction of thynges to be digested, also moze quycke
alteration, and better nourysshynge. Moze ouer,
that all and syngular partes of the body, be ther-
with somewhat humected, wherby it hapneth, that
thynges harde be mollified, moyste thynges are
extenuate, and the poores of the bodye are moze
opened. And by the vyolence of the breath or
wynde, the poores are clenched, and the fylthe in
the bodye naturally expelled. This thyng is soo
necessary to the preseruation of helth, that with-
out it, no man may be longe without syckenesse,
whiche is affirmed by Cornelius Celsus, sayeng,
that sluggyshenes dulleth the body, labour doth
strength it, the firste bringeth the incommodities
of age shortly, the last maketh a man longe tyme
lusty. Not withstandynge in exercise ought to be
fourre thinges dilygently consydered, that is to
say, the tyme, the thynges precedyng, the qualy-
tie and the quantitic of exercise.

Clyrst as concernynge the tyme conuenient for
exercise, that it be not whā there is in the stomake
or bowels, greatte quantitie of meate not sufficy-
ently digested, or of humours crude or rawe, lesse
therby peryll moughte insue by conveyaunce of
them in to al the members, before those meates or
humours be concoct or boyled sufficently. Galen
sayth,

Cor. Cel.
L. I.

sayth, that the tyme mooste conuenient for exercise Galen. de
is, whan bothe the firste and seconde digestion is ^{taen. san.} lib. 2.
complete, as wel in the stomake, as in the baines,
& that the tyme approacheth to eate eststones. For if
ye do exercise soner or later, ye shall eyther fyll the
body with crude humours, or elles augment ye-
lowe coler. The knowlege of this tyme is percey-
ued by the colour of the vrine, for that whiche re-
sembleth vnto cleare water, betokeneth, that the
iuyce, whiche cometh from the stomake, is crude
in the baynes: that whiche is well coloured, not to
high or base, betokeneth, that the second digestion
is nowe perfite: where the colour is very high or
redd, it sygnifyeth, that the concoction is more
than sufficient. Wherfoze whan the vryne appe-
reth in a temperate color, not red nor pale, but as
it were gilt, shuld exercise haue his begining.

¶ Of fricasies or rubbynges preceding
exercise. Cap. 32.

A Touching thinges preceding exercise, for
as moch as it is to be feared, lest by vehement Galenus.
exercise any of the excremētes of the bely or blad- Paulus.
der, shuld hastily be receiued into the habit of the Oribasius
body, by the violence of hete, kendlyd by exercise:
also lest some thinge, whiche is hole, be by heuynes Aetius.
of excremētes, or byolent motion, broken or pul-
lyd oute of his place, or that the excremētes, by
violence of the breth, shuld stop the pores or cun-
dites of the body, it shalbe necessary lytell and ly-
tell, by chafinge the body, first to mollify the par-

tes

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tes consolidate, & to extenuate or make thinne the humours, and to louse and open the poores, and than shall ensue to hym that exerciseth, no peryll of obstruction or rupture. And to bryngē that to passe, it shall be expedient, after that the bodye is clensed, to rubbe the bodye with a course linnen cloth, first softly & easily, & after to increase more and more, to a harde and swift rubbing, vntyl the fleshe do swelle, and be somwhat ruddy, and that not only down right, but also ouerthwart & round. Some do vse fricasies in this forme. In the mor-
nyng, after that they haue ben at the stoole, with their shirte sleue or bare hande, if their fleshe be tender, they do first softly, & afterward faster, rub their breste, and sydes downewarde, and ouer-
thwarte, not touching their stomake or braly, and after cause their seruant semblably to rubbe ouer thwarte their shulders and backe, begynnyng at the neckebone, and not touchyng the raynes of their backe, excepte they do sele there moche colde and wynde, and afterward their legges from the knees to the ancle: last their armes, frome the el-
bowe to the handewreste. And in this forme of fricasie, I my self haue founden an excellent com-
moditie. Olde men, or they, whiche be very dry in their bodies, if they put to some sweete oyles, as Yrinum, Nardinum, Chamælinum, or other lyke, myrt with a lyttell sweete oyle of roses, I suppose they do wel. I wyl not here speke of oyntementes vsed in olde tyme amonge the Romayns and Grekes, in fricasies or rubbynges. For I suppose, þ they were

were neuer here vsed, and in the sayd places, they be also leste, onles it be in palseys, or apoplexies, or agaynst the rigour, whiche hapneth in feuers, only I wyl remember the saying of Hippocrates, Fricasye hath power to louse, to bynde, to increase fleshe, and to minyshe it. For harde fricasies doo bynde or consolydate, softe rubbynge dothe lowse or mollifie, moch doth minishe fleshe, meane rubbyng doth augment or increase it. He that wylle knowe moze abundantly hereof, let hym rede the boke of Galen of the preseruation of helth, called in latyn *De tuenda sanitate*, thanslated moost truely & eloquently, out of Greke in to latyn, by doctour Linacre, late phisition of most worthy memory to our souerayne lord kyng Henry the eight. The same mattier is witten moze brefely of Paulus Aegineta, Oribasius, Aetius, and some other late writers, but vnto Galene not to be compared.

¶ The diuersities of exercises. Cap. 33.

The qualitie of exercise is the diuersitie therof, forasmuche as therin be many differences in mouyng, and also some exercise moueth moze one part of the body, some an other. In difference of mouyng, some is slow or softe, some is swifte or faste: some is stronge or vvolent, some be myxt with strength & swiftnesse. Stronge or vvolente exercises be these, deluyng (specially in toughe clay and heuy, bearynge or susteynyng of heuy burdeyns, clymynge or walkyng agaynst a stipe vpryght hyll, holdyng a rope, and clymynge vpon therby

¶

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therby, hangyng by the handes on any thing, aboue a mans reache, that his fete touche not the grounde: standing and holdinge vp, or spredinge the armes, with the handes fast closed, a abidinge so a longe tyme. Also to holde the armes stedfast, causinge an other man, to assay, to pull them out, and not withstandyng he kepeth his arme stedfast, in forcyng the bnto the sinewes and muscules. Wastlyng also with the armes and legges, if the persons be equall in strength, it dothe exercise the one and the other: if the one be stronger, than is it to the weaker a more violent exercise. All these kyndes of exercises, and other like them, do augment strength, and therfore they serue only for yonge men, which be inclined, or be apte to the warres. Swifte exercise without violence is, runnyng, playeng with weopons, temise, or thowinge of the ball, trotting a space of grounde forward and backward, going on the toes, and holdinge vp the handes. Also stirring vp and downe his armes, without plummettes. Vehement exercise is compounde of byolent exercise and swifte, whan they are ioyned togither at one time, as dallyng of galyardes, thowinge of the ball, and running after it, footeball play may be in the number therof, thowinge of the longe dart, and continuing it many times, runnyng in harneys and other lyke. The moderate exercise is longe walkinge or going a iourneye. The partes of the bodye haue sundry exercises appropried vnto them, as running and going is the most proper for the leggis.

Mo-

Mouinge of the armes vp & downe, or stretching them out, & playeng with weapons, serueth most for the armes and shulders, stouping and rising often tyme, or lyftinge great weightes, taking vp plummettes or other lyke poyses on the endes of staues, & in lykewise, liftinge vp in euery hande a speare or moryspike by the endes, specialy crosing the handes, and to lay them downe againe in their places, these do exercise the backe & loynes. Of the bulke & lunges the proper exercise is meuyng of the breath in syngyng or crieng. The entrayles, which be vnderneath the myddresse, be exercised by blowinge, eyther by constraint, or playeng on shaulmes, or sackbottes, or other lyke instrumentes, which do require moch wynde. The muscles are best exercised with holding the breth in, a longe tyme, so that he, whiche dothe exercise, hath well digested his meate, and is not troubled with moche wynde in his bodye. Celsus. x. Fynallye lowde readynge, counterfayte bactayle, tenyse, or thowinge the ball, runnyng, walkinge, adde to shottynge, which in myne opinion excede all the other, do exercise the bodye commodiously. Alway remember, that the ende of byolent exercise, is difficultie in fetching of the breth. Of moderate exercise, alteration of breath onely, or the beginninge of sweate. Moreouer in wynter, runnyng, and wrostlyng is conuenient. In sommer wrostlyng alpytell, but not running. In very cold wether, moche walkinge, in hote wether, rest is moze expedient. They whiche seeme to haue moist bodies, & liue

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In idelnes. they haue nedē of violet exercise. They which ar lean and coleryke, must walk softly, and exercise them selfes verry temperatly. The plumm̄ettes, callid of Galen Alteres, whiche are nowe moch vsed with gret men, being of equall weight & according to the strength of him that exerciseth, are verye goood to be vsed fastynge, a lytel before b̄reakefast or dynet, holdyng in euery hande one plūmet, and lyftynge them on high, and bringing them downe with moche vviolence, and so he may make the exercise violent, or moderate, after the poysse of the plumm̄ettes, heuyer or lyghter, and with moche or lyttell labourynge with them.

¶ Of Gestation, that is to say, where one is creyed, and is of an other thynge meued, and not of hymselfe. Cap. 34.

Gestation.
Paulus Es-
tinera,
Aetius.

There is also an nother kynde of exercise, whiche is called Gestation, and is myxt with moynge and rest. Soz as moche as the body, settinge or lyenge, semeth to rest, and not withstandyng it is meued by that, whiche beareth it, as lienge in a bedde, hanginge by cordes or chaynes, or in a cradel, sytting in a chaire, whiche is caried on mens shulders with staues, as was the vse of the auncient Romaynes, or syttinge in a boote or barge, whiche is rowed, rydynge on a horse, whiche ambleth very easily, or gothe a very softe pace. The bed, cradel, and chaire caried, serueth for them, þar in long & continuall siknes, or be lately recouered of a feuer. Also them, whiche haue the transy or

o^r letharge, o^r haue a lyghte terciane feuer, o^r a
cotidiane. This exercise swetely asswageþ trou-
bles of the mynde, and prouoketh slepe, as it ap-
pereth in chylderne, whiche are rocked. Also it is
conuenient for them, whiche haue the palsey, the
stone, o^r the gowte. Gestation in a charyot o^r wa-
gon hath in it a shakynge of the body, but som ve-
hement, and some more softe, the softe serueth in
diseases of the heade, and where any matter run-
neth downe in to the stomake and entrayles. But
the vehement shakynge is to be vsed in the grie-
fes of the breast and stomake. Also in swellyng of
the body and legges in drospies, palseys, mygri-
mes, and scotomies, which is an imagination of
dackenes, beyng retourned, at the ende of his
journey, he muste sytte vp and be easlyly moued.
I haue knownen, sayþe Aetius, many persones
in suche wyse cured without any other helpe. Na-
uigation o^r rowyng nygh to the land, in a calme
water, is expedient for them that haue drospies,
lepries, palseys, called of the bulgate people, ta-
kynges, and fransies. To be carryed on a roughe
water, it is a vpoilent exercise, and induceþ sun-
drye affections of the mynde, sommetyme feare,
sometyme hope, nowe cowarde harte, nowe har-
dynesse, one whyle pleasure, an other whyle dys-
pleasure. These exercises, if they be wel tempred,
they may put out of the body, all longe duryng
syckenesses. For that whiche is myxt with reste
and meuyng, if any thinge els may, it most excel-
lently causeth the body to be well nourished. Cel-
sus

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Celsus. 2. sus doth prohibite gestation, where the body feeleth peyne, and in the begynnyng of feuers, but whan they ceasse, he alloweth it. Rydynge moderately, and without grefe, it doth corroborate the spirite and body aboue other exercises, speciallye the stomacke, it clenseth the sences, and maketh them moze quycke: albeit to the breste, it is verye noyfull. It ought to be remembred, that as well this, as all other kyndes of exercise, wold be vsed in a hole countraye, & where the ayre is p dre and vncorrupted. Foresene, that he that woll exercise, do go first to the stoole, for the causes rehersed in the laste chapiter.

¶ Of vociferation. Cap. 35.

The chiefe exercise of the brest & instrumentes of the voyce is vociferation, whiche is syn-gynge, redynge, or crienge, wherof is the propertie, that it purgeth naturall heate, and maketh it also subtyll and stable, and maketh the members of the body substanciall and stronge, resisting diseases. This exercise wolde be vsed of persones short wynded, and them, which can nat fetch their breste, but holdinge their necke streight vpright. Also of them, whose fleshe is consumed, specially about the breste and shulders. Also whiche haue had apostumes broken in their brestes: mozeouer of them that are hoorse by to moch moisture. and to them, which haue quarteyn feuers, it is conueniente, it louseth the humour, that stycketh in the breste, and drieth vp the moystnes of the stomake, whiche

which properly the course of the quarten is wont to bring with hym, it also profiteth them, whiche haue feble stomakes, or do vomite continually, or do breake vp sowenes out of the stomake. it is good also for grieves of the head. He that intendeth to attempte this exercise, after that he hathe ben at the stoole, and softly rubbed the lower partes, and washed his handes. Let him speake with as base a voyce as he can, and walkynge, begyne to synge lowder & lowder, but styl in a base voice, and to take no hede of sweete tunes or armonye. For that nothinge doth profit vnto helthe of the body. but to inforce him selfe to synge great, for therby moch aire drawen in by fetching of breteth, thrusteth forth the breast & stomake, and openeth and inlargeth the poores. By high crieng & loude cedinge, are expelled superfluous humors. Therfore men and women, hauinge their bodies feble, and their fleshe louse, and not firme, must reade oftentimes loude, and in a base voyce, extendyng out the wynd pipe, & other passages of the bretthe. But not withstandinge this exercise is not vsed alway, and of all persons. For they, in whome is abundance of humours corrupted, or be moch diseased with crudite in the stomacke and baynes, those do I counsayle, to absteyn frō the exercise of y voice, lest moche corrupted iuice or vapořs, may therby be into al the body distributed. And here I conclude to speake of exercise, which of the, that desire to remain long in helth, is most diligently, & as I mought say, most scrupulously to be obserued.

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THE THYRDE
BOKE

¶ Of Replecion. Cap. 1.



EPLECIION IS A superfluous abundaunce of humours in the body: and that is in two maner of wyse, that is to say in quantitie, and in qualitie. In quantitie, as where all the four humours are more in abundance, than be equall in propozcion to the body that conteyneth theym, or where one humour moche excedeth the remenant in quantitie. In qualytis, as where the bloud, or other humour, is hotter or colder, thicker, or thinner, than is conuenient vnto the body. Fyrste, where all the humours, beinge superfluously increased, sylleth and extendeth the recep-
toires of the bodye, as the stomacke, the vaynes, and bowelles, and is mooste properly callyd fulnesse, in greke Plethora, in latyne Plenitudo. The other is, where the bodye is infarced, eyther with coler, yelow or blacke, or with fleume, or with watry humours, and is properly callid in greke Co-
cochymia, in latyne Viciosa succus, in englishe it may be called corrupt tuyce. I wyll not here write, the subtyll and abundant definitions and descripti-
ons of Galene in his bokes de Plenitidine, and in his comentaries vpon the aphorismes of Hippo-
crates,

crates. For it shall here suffice, to shewe the ope-
cations of repletion good or yll, remittinge them,
which be curious, and desire a more ample decla-
ration, to the most excellente warkes of Galene, Aph. li. 2.
where he may be satisfied, if he be not determy-
ned to repugne against reason. Hipocrates saith, Aph. 15. *vbi cibus*
where meat is receyued moch aboue nature, that *præter na-*
maketh syckenesse. Galene declarynge that place turā plus
sayth: More meate than accordeth with natures ingest' est
measure, is named Repletion. And afterwarde hic morbā
he expoundeth that wo^rde aboue nature, to syg- Galen. in
nyfye to moche and superfluously, as who sayth, commento-
where the meate is superfluously taken, it ma- loco præ-
keth syckenesse. For meate but a lyttell excedyngē dicto.
temperance, may not forth with make syckenes,
but may yet kepe the body within the latitude or
boundes of helthe, for the meate that shall make
syckenes, must nat a lyttell excede the exquisite
measure. The incommoditie, whyche hapneth
therby is, that moistnesse is to moche extended
and naturall heate is debilitate. Also naturalle
heate, resolueth sommewhat of the superflouuse
meate and drynke. And of that, whyche is resol-
ued of meate vndygested, procedeth fumosytie,
grosse and vndygested, which ascendyngē vp in-
to the head, and touchyng the ryne, wherin the
brayns is wrappēd, causeth head ache, trembling
of the members, duskyshnes of the sight, and ma-
ny other sycknesses: also by the sharpnes therof,
it prycketh and annoyeth the sinewes, which make
sensibilitie, the rootes of whom, are in the braine,

pit and

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and from thens passeth throughe all the bodye.
Fynallye, the sayd fumositie, ingendred of reple-
cion, percyng the innermooste parte of the sayd
synewes, called sensible, it greuously annoyeth
the power animall, there consistinge, by the occa-
sion wherof, vnderstandyng and reason, as to
the vse of them, are lette and troubled. And also
the tongue, whiche is raysons exposytour, is de-
prived of his offyce, as it appereth in them, why-
che are dynke, and them, whyche haue greuous
peynes in theyz head, procedyng of replecion.
Sygnes of replecyon be these, losse of appetite,
delyte in nothyng, slouthfulnesse, dulnesse of the
wytte, and sences, more sleape, than was accu-
stomed to be, crampes in the bodye stertyng or
saltion of the members, fulnesse of the baynes,
and thyckenesse of the poules, horrour or shro-
uelynge of the body myxt with heate. The reme-
dies are abstinence, and all euacuations, wherof
I wil make mencion in the next chapiter.

¶ Of Euacuation. Cap. 2.

The meates and dynkes receyued in to the
body, if the stomake and lyuer doo their na-
turall office, be altered by concoction and digestiō
in suche wise that the best partie therof goth in the
nourishemēt of the body: the warst, beinge sepe-
rate by the members officiall, from the residue, ar-
made excrementes in sundrye fourmes and sub-
stances, whiche are lyke in qualitie to the natural
humour, whiche than raigneth most in the body.

These

These excrementes be none other, but matter superflououse and vnsauery, whiche by naturall powers may not be converted in to fleshe, but remay-
nyng in the body corrupt the members, and ther-
fore nature abhorrynge them, desireth to haue them
expelled. These excrementes be thre in number, Excremen-
tes. ordure, vrine, humour superfluous. More ouer,
there be two sortes of ordure, that is to saye, one Ordure.
digested, whiche passeth by siege, the other vndi-
gested, whiche is expellyd by vomyte. Where I Dygested.
saye digested, I meane, that it is passed the sto-
make, and tourned in to an other sygure. Lyke
wyse I calle that vndigested, whiche styl retay-
neth the sygure of meate. Urine is the watry sub- Urine.
stance of the bloudde, lyke as whay is of mylke,
whiche out of the meate that is altered and con-
cocte or boyled in the stomacke, is strayneid in the
vaynes called Mesaracie, whiche procedeth frome
the holowe part of the lyuer, and sente by the ray-
nes in to the bladder, passeth by the Instrument,
the whiche is ordyned as well to that purpose, as
for generation. Humor superfluous is in. iii. sortes, Humor super-
fluous.
either myxt with any of the four humours,
callyd natural, or els it is gathered in to the brain
or it is betwene the skyn and the fleshe, or lyeth a-
monge the sinewes, muscles, or ioyntes. Of hu-
mours some are more grosse and colde, some are
subtyl and hot, and are called vapours. Now for
to expell the sayd excrementes, are. ix. sundry kyn-
des of euacuation, that is to say, abstinence, vo-
myte, purgation by siege, lettyng of bloude, sca-
vifieng.

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rifieng callid cupping, sweating, prouocatio of h-
cine, spitting, bleding at þ nose, or by hemoroides:
& in wome, their natural purgatiōs. Of these eu-
cuatiōs I wil brefely declare, with þ cōmodities,
which by þ discret vse of the do happē vnto þ body

¶ Of Abstinence. Cap. 3.

Cels. iii. 2.
Hipoc. a²
pho. li. 7.

Consyde-
rations in
abstinence

Apho. li. 1.

Galen. in.
comment

Abstinence is a forbearynge to receyue any
meate or drinke. For if it be but in parte, it
is than callyd rather temperance than abstinence.
It ought to be vled onely after replecion, as the
proper remedye therfore. And than if it be mode-
rate, it consumeth superfluities, & in consuminge
them, it clarifieth the humours, maketh the body
fayre coloured, and not onely kepereth out sicknes,
but also where syckenes is entred, nothyngе more
helpeth, if it be vled in season. To them, whiche
haue very moyst bodies, hunger is right expediet
for it maketh them more drye, not withstandyngē
there ought to be consyderatiōs, in the meate be-
fore eaten, in the age of the person, in the tyme of
the yere, & in custom. Fyrst in the mete before eate,
if it be moch in excesse or very grosse, or not moch
excedyngē, or lyght of digestion, and accordinge
thereto, wolde abstinence more or lasse be propo-
cioned. Concernyng age, Hipocrates saith, old men
may susteyn fastinge easily: next vnto them, men
of myddel age, yong men may wares beare it, chil-
dern warst of all, specially they that be lusty: not
withstanding here Galen correcteth Hipocrates,
saying, that he shuld haue excepted men very old,
who

who, as experience declareth, must eate often and lyttell. As touchinge tyme, it must be remembred, that in wynter and springe tyme, the stomakes be naturally very hote, & slepe is longe, & therfore in that tyme meates wolde be moxe abundant, & all though moche be eaten, it wyll be soner digested. Wherfore abstinenſe wold not be thā so moch as in sommer, albeit to absteyn moch in sommer, except it be after replecion, Damascene sayth, it dryeth ^{Damascen} the body, it maketh the colour salowe, it ingē- ^{nus aphi-} dryeth melancholy, and hurteth the sight. Moreouer custome may not be forgoten. for they, whiche are vsed from chilhode, to eate sundry meales in the day, wold rather be reduced to fewer meales, & littell meate, than to be cōpelled to absteyn utterly, to thintent, that nature, which is made by custom, be not rubuked, & the power digestiue therby debilitate. And note well, that by to moch abstinenſe, the moyſture of the body is withdrawen and consequently the body dryeth, and wareth leane: naturall heate, by withdrawinge of moyſture, is to moche incended, and not syndyngē humoure to warke in, tourmeth his vvolence to the radycall or substanciall moyſture of the body, and exhaūſyngē that humour, bringeth the body into a cōſumption. Wherfore Hipocrates saythe, that to ſcarle and exquife an order in meate and drinke, is for the moxe parte moxe dangerous than that, whiche is moxe abundant. Contrarywyſe moderation in abstinenſe, accordinge to the ſayde conſiderations, is to helth a ſure bulwarke.

Aph. li. 2.

THE THIRDE

¶ Of Vomyte. Cap. 4.

Acti. li. i.

Cels. li. 1.

The meate or dynke superfluous, or corrupt
ed in the stomak is best expelled by vomyte,
if it be not very greuous to hym, whiche is disea-
sed. Also the moderate vse of it, purgeth fleume,
lighteth the head, causeth that the excesse of mea-
tes or dynkes, shall not annoy or bringe syckenies.
More ouer, it amedeth the affectes of the raynes,
the bladder, and the fundement. It also helpeth
against lepries, cankers, goutes, dropsies, & also
dyuers syckenesses procedyng of the stomachke.
For if any grefe hapneth of the heade, vomite is
than uncommodious. It is better in winter, than
in sommer. Also good for them, which are replete
or very coleryke, if they haue not welle digested.
but it is yll for them that be leane, or haue weake
stomakes. And therfore where one feeleth bytter
vapours, risynge out of his stomachke, with grieve
and weightynes, in the ouer partes of his bodye,
let hym runne forth with to this remedy. It is al-
so good for him that is hart burned, and hath mo-
che spittel, or his stomachke wambleth, and for him
that remeueyth into sundry places. yet I counsaile
saith Celsus, hym that wyll be in helth, and wold
not be to soone aged, that he vse not this dayelye.
And I my selfe haue knownen men, whiche dayly
vsinge it, haue brought therby their stomakes in
to suche custome, that what so euer they dyd eate,
they coude not longe retaine it, wherby they shor-
tenē their liues. wherfore it wold not be vsid, but
onely where great surfet, or abundance of fleume

do

do require it. He that wyll vomyte after meate, let hym drynke sundry drynkes myxte togyther, and last of all, warme water: or if that be to easy, let hym myxt therwith salt or hony. If he wyll vomite fastynge, let him drynke water and hony sodden togither, or I slope with it, or eate of a rady she roote, and drynke warme water vpon it. also wa-
ter, wherin rady she is boyled, and afterward pro-
uoke hym selfe to it. Them, that wyll haue more
violent purgations, I remytte to phisitions lec-
ned. But yet I do eftstones warne them, that ther-
in they be circumspect, and do not moche vse it.

Moreover in vomytes, the matter brought forth,
wold be consydered, accordyng to the rules of Hi-
pocrates, in his seconde boke of pronostications,
that is to say, if it be myxt with fleme and coler, it
is most profitable if it be not in very great quāti-
ty, nor thick, the lasse mixture it hath, the warr is
it. If it be grene, like to leke blades, thyn or blak,
it is to be iuged yll. If it haue al colours, it is ex-
treme perillous. If it be ledy coloured, & sauorith
horribly, it signifieth a shorȝt abolicion, or dissolu-
tion of nature. For as Galene affirmeth there in
his commente, suche maner of vomite declareth
corruption with extinctinge of nature. Also eue-
ry putrified and stynkyng sauoure in vomyte is
yll. These thinges be ryght necessary, to be loked
for, where one doth vomyte without any difficul-
tie: but to inforce one to vomyte which can not,
is very odious, and to be abhorred.

*Many raydes
to vomite.*

Hipocra.
præsag. 2.
cap. 7.

Galen. de
locis affec-
tis. lib. 1.

THE THIRDE
¶ Of Purgations by siege. Cap. 5.

Cels. li. 2
Aetio. li. 1.

If the hed be heuy, or the eien dimme, or if there
be peyne felt of the colyke, or in the lower parte
of the bely, or in the hippes, or some colerike mat-
ter or fleume in the stomake. Also if the breath be
hardely fetched, if the bealy of hym selfe sendeth
forth nothing, or if being costiue, one seleth yl sa-
uour, or bytternes in his mouth, or that which he
maketh, hath an horriblie sauour, or if abstinence
do not, at the fyrist putte awaie the feuer, or if the
strength of the body may nat susteyne lettyng of
blud, or els the tyme therfoze conuenient is past,
or if one haue drunke moche before his syckenese,
or if he whiche oftentimes unconstrayned, hath
had great sieges, be sodeynly stopped: in all these
cases, and where it is peynfull to vomyte, and in-
gnawinge or frettinges of the stomake, finally in
all replecions, where a man can not or wyl not be
let bloudde or vomyte, it is expedient to prouoke
siege by purgations, whiche are receyued by two
wayes: upwarde at the foundement by supposi-
toires or clysters. Downewarde at the mouth, by
potions, electuaries, or pylles. Suppositoires ar-
bised, where the pacient is weake, and maye not
receyue any other purgations. sometyme so as
muche as the strayte gutte is stopped with excre-
mentes, which are dry and hard: sometyme where
there nedeth none other purgation, specially in
bourninge feuers, wherof the matter asendeth in
to the head, than clisters may do harme, & by the
benefit of suppositoires, excrementes are brought
forth

forthe without any annoyance. And oftentimes it bringeth forth that which clysters may nat.

Suppositories ar made somtyme with hony on-
ly, sodden, rolled on a bourde, and made rounde,
smaller at the one ende than at the other, & of the
length and greatness, according to the quantite of
the body that taketh it. Sointyme there is myxte
with the hony salt dried, or salt peter, or the pow-
der of suche thinges, as do eyther purge the hu-
mors, which offredeth, or dissolueth grosse windes,
or other matter: they be somtyme made with ro-
seyn, pitche, ware, or gumes, somtyme of rotes, or
the leaues of mercury grene, very small bruised.
also with figgis or reissons, the stones take out, or
of white sope, made i the figure aforesayd, & being
made in the forme aforesayd, they must be put vp
in at the fundement, to the great end, and the pa-
cient must kepe it there the space of halfe an houre
or more. Clysters are made of lycour, sometyme
syngle, as water sodden, mylk, oyle, or wyne. som-
tyme myxt, as water and oyle togither, or decocti-
ons, as where herbes, rotes, fruities, sedes, or gū-
mes, hauyng propertie to make softe, dissolute,
drawe forthe, or expelle matter that greueth, be
boyled, and the lycour therof, sometyme warme,
sometyme hote, is receyued at the fundement into
the body by a lyttell pipe of golde or syluer, yuo-
rie or wodde, therfore ordeyned and callyd a cly-
ster pipe. This is necessary, where the stomake is
weake, and may not susteyn the warkinges of me-
dicines receyued at the mouth. also in feuers, co-

¶ ii likes,

THE THIRDE

lykes, and other diseases in the bowels, grieve in the raynes of the backe or huckle bone, ventosities in the bealye, inflammation or exulceration in the guttes or bladder. It is a couenient and sure medicine, and lest hurt doth ensue of it. The makinge and ordynge therof, I wyll omitt to write in this place, partly that I wold not, that phisitions shuld to moch note in me presumption, partly that an other place may be moze apte to that pourpose.

¶ The particular commodities of every purgation. Cap. 6.

In potions, electuaries, and pylles ought to be moch moze obseruation, than in clysters or suppositoires, for as moche as these do enter no further than in to the gutte, where the ordure lieth, & by that place only, bringeth forth the matter, whiche causeth disease. But the other entringe in that way, that meates and drinke do, commeth in to the stomacke, and there is boyled, and sente in to the places of digestion, and afterwarde is mixte with the iuyce, wherof the substance of the body is made, and expellynge the aduersary humours, somewhat therof doutlesse remayneth in the body. Wherefore men haue nede to beware, what medycines they receyue, that in them be no venenositie, malyce, or corruption, leste for the expellinge of a superfluous humor, whiche perchance good diete, or som brothes made of good herbes, or the sayde euacuation, with supposytorie or clyster, mought

mought bring forth at leysure. by desynginge of to hasty remedy, they receyue in medicine that, whiche shall ingender a venomous humour, and vne uitable distractiō vnto all the body. And therfoze happy is he, whiche in sycknes fyndeth a discrete and well lerned phisition, and so true a poticary, that hath alway drōwges vncorrupted, & whom the phisition may surely trust, to dispence his thinges truely. But now to returne to the sayd forme of purgation, I wyll nowe set forth some counsayles, conceruyng that matter, whiche I haue collected out of the chiefe authořs of phisike.

Bodies hote & moyst: may easilly susteyn purgation by the stoole. They, whiche be leane or thyn, havinge the members tender, may take harme by purgations. To men that are colericke, and them, that eate litell, purgations are greuous. In yong chyldern and olde men, it is daungerous to louse moche the bealy. To them that are not wont to it, purgation is noyfull. He that liueth in a good or-
der of diet, nedeth neither purgation nor vomite. After that the purgatiō hath wrought, thirstines and sounde slepe, be signes that the body is suffi-
ciently purged. By dayly takynge of medicines, nature is corupted. Whan ye wylle pourge any-
thing, make first the matter flowing and soluble. Medicine to purge ought not to be mingled with
meate, but to be take fourte houres at the least be-
fore meales, or thre houres after meales, excepte aþor,
certayne easy pylles made to clense and comforþe
the stomake, whiche wold be taken at the begyn-

THE THIRDE

ning of supper; or after supper, a litell before that one goth to bed, makinge a light supper or none. After purgation taken, the pacient shuld rest, and not walke, vntyll the medicine hath wrought, nor
Galen. de
sani. tuer.
li. 1. eate or dynke in the meane space. This is a ge-
neral rule cōcernyng excrementes, that þ cause of
retaynyng of them beinge perceyued, the contra-
ryes vnto that cause wolde be gyuen, as if a lytell
quantytie and drythe be the cause, than to take
more in quantitie, and that whiche is moyste ys
drythe be the cause onely, than not to increase the
quantitie, but that whiche is moyste. If the cause
be of takinge soure thynges or bytter, than to vse
competently thynges sweete, or fatte. Lykewyse
in order of meales, as if he whiche was wonte to
eate twyse in one day eateth but ones, and ther-
by is discrased, he must feede not onely twyse in
one day, but also oftener, hauinge respect to a con-
uenient quantitie. These thinges haue I remem-
bred, bycause I haue knownen right good phisiti-
ons, to haue forgotten, to instruct therof their pa-
cientes. Nowe wyll I settte forthe the table of su-
che thinges, which of their propertie do digest or
purge superfluous humors particularly, whiche
I haue gathered out of the bokes of Dioscorides
Galen, Paul⁹ Egineta, Oribasius, & Aletius, and
other late writers. not with standyng, I haue
not witten all, for as moche as there be dyuers
thinges, whervnto we haue not yet founden any
names in englishe.

Dige-

¶ Digestiues of
Choler.

Endyue.
 Lettyse.
 Cykorie.
 Scabiose.
 Maydenheare.
 Malowes.
 Mercurye.
 The iuyce of pome-
 granades.
 Pourselane.
 Poppe.
 Berbervyes.
 Roseg.
 Violettes, the leafe and
 flowre.
 Sozell.
 Lyuerwozte.
 Sozell de boyse.
 Whay clarifyed.
 The greate foure colde
 sedes, that is to saye, of
 gourdes, cucumbers,
 melones, and citruls.
 Psillium,
 Vineger.
 Saunders.
 Barley water.
 Prunes.
 Tamarindes.

¶ Pourgers of
Choler.

Wyldes hoppes.
 Woznewode.
 Centorie.
 Fumitorie.
 Whay of butter.
 Violettes.
 Mercurye.
 Iuyce of roses.
 Prunes.
 Agrimony.
 Tamarindes halfe an
 ounce in a decoction:
 Manna. vi. drammes
 at the leaste, and soo do
 xxv. in the brothe of a
 henne or capon.
 Reubarbarū by it selfe
 from two drammes, vn-
 to foure, infused or sti-
 ped in lycour, from.iii.
 drammes vnto.viii.

¶ Digestiues of
fleume.

Fenell. { the rotes.
 Persely. {
 Smallage.
 Capers.
 Lawrell.
 Synup.

THE THIRDE

Synuye.
Buly.
Maiozam.
Penroyall.
Wylde parsnyp sede.
Wynt.
Pympernell.
Horemyn.
Gladen.
Agrymonye.
Calamyn.
Rep.
Betayne.
Sauge.
Radyshe.
Mugworste.
Junyppet.
Hysope.
Pyonye.
Bauline.
Honye.
Gynger.
Squilla.
Aristolochia.
Cynamome.
Pepper.
Cumyne.

Purgers of melancolye.
Centozie.
Rettyll.

Agrimonye.
Alder.
Polypodiū of the oke.
Myzobalani kebuli, infused from half an ounce to an ounce, and ii. drāmes. In substance, from two drāmes to halfe an ounce.
Agaricus frō a drāme to two drāmes infused, from ii. drāmes to fiue.
Yreos.
Maydenheare.
Sticados.
 Purgers of melancolye.
The brothe of coleworstes lyght boyled.
Baulme mynte.
Sticados.
Tyme.
Seene, boyled in white wine or in the brothe of a henne.
Lased sauery.
Eritimus.
Unwrought sylke.
Organum.
Calamyn.
 Bourage

Bourage.
Hartis tongue.
Quickbeme.
Mayndenheare.

Woxth wynde.
Sulyall mountayne.
Honye.
Sugar.

Melancolye for the thynnesse and subtylnesse
of the humour, nedeth no digestiue.

They whiche wyll take sharper purgations,
or compound with dyuers thinges, let them take
the counsayle of an honest and perfite phisition,
& not aduenture to myxte thynges togither, with
out knowing the temperance of them in degrees,
and that he can proporcione them to the body, that
shall receyue them in symbles, as they be witten.
And so he may vse them without peryll, ageynste
the humours, wher unto they serue.

Lettynge of bloudde. Cap. 7.

The parte of Euacuation by lettinge of blude
is incision or cuttyng of the bayne, wherby
the bloud, whiche is cause of syckenes or grieve to
the hole body, or any particular part therof, doth
most aptly passe. The commodities wherof, be-
inge in a moderate quantitie, and in a due tyme de villa
taken, be these that folowe, it clarifieth the wytte, noua.
and maketh good memory, it clenseth the bladder,
it drieith the brayne, it warmeth the marowe, be-
inge in the bones, it openeth the herynge, it stop-
peth teares or droppynge of the eyen, it taketh
away lothsonnes, and confirmeth the stomake, it
noysheth that which is propze to nature, and the

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Oribasius
sue medici-
ne com-
pendio.

contrary expelleth. It is thought, that therby life is prolonged, and the matter makynge syckenesse shottely consumed. Wherfore lettynge of bloude is not only expedient for them, whiche are full of bloud, or haue abundance of strength, but also for them, in whom, without plenitude, callyd fulnes, inflammations begyn to be in their bodies, or by some outward stroke, the bloude being gathered within by collection therof, do keele griefe or disease. Also where there is moche peyne felte, or debilitie of some member, wherof is supposed to be engendred some greuous disease. Moreouer they whiche vse excesse of meates and drynkes, maye be cured by lettynge of bloudde. But those, whiche be temperate, keppynge good diete, be holpen without lettynge of bloude: as by fricasies, vsing of bathes, exercise, walkynge, and rydynge moderately. Also vunctions with oyles and oyntementes, callyd Diaphoretice, which by euapozung, do shottely evacuate the fulnesse. All be it, if the fulnesse be of melancholye bloud, than alwaye nedes muste be lettynge of bloudde. Abundance of melancholye bloudde is knownen by these sygnes. There is felt in the entrayles, or within the bulke of a man or woman, a weyghtynesse with tension or thrustynge outward: and all that part, whiche is aboue the nauell, is moche heuy, than it was wont to be. Also moch vrin and fatty, the residence or bottom thycke, troublous, and fatte. Sometyme blacke poushes or boyles, with inflamation and moch peyne. These must be shottly let bloud, and the

the melancholy humor also purged by siege. They
whiche haue crude or raw humors, must be ware-
ly let bloudde, before that syknesse ingender, but
hauyng the feuer, in no wyse. Concernynge let- Aet^o.k. 2
tynge of bloud, these thinges folowinge wold be
hadde in continuall remembraunce, and be afore
thought on. In abundance of the bloud, the qua-
litie and quantitie, the greatnesse of the sycknes,
and if it be present, or loked for, also the diete pre-
cedyng, the age and strength of the persone, the
naturall fourme of his body, the tyme of the yere,
the region or countrey, the present state of the aire,
the dispse of accustomed exercise, the lessinge of e-
vacuations vsed before. In qualitie consyder, of
what humour the fulnesse procedeth. In quanti-
tie the abundance of that, whiche is to be purged.
In liknes, if it be dangerous or tollerable: yf the
liknes be present, it requireth the more diligēce: if
it be loked for, it may be the better proporcioned.
In diet, the custome in eating & drinking must be
specially noted. In yong men & wome, lettinge of
bloud wold be more liberall. In old men & yonge
childdren, it wold be scarser: stronge men may su-
steyne bledinge, they whiche are feble, may not en-
dure it: Large bodies haue greater vessels, than
they, whiche be litell, leane men haue more bloud,
corporate men haue more fleshe. The tyme of the Cor. Celsus. li. 3.
yere must be specially marked. For in the begyn-
ninge of springe tyme is the best letting of bloud,
as Oribasius saythe, and so dothe continue, after
the opinion of Arnolde, vnto the eighte calendes

THE THIRDE

Orib. su.
Arnoldus
de villa
noua de
slobotho-
mia.

Io. Dama
scenus in
arte med.

of June. Aetius affirmeth, that in wynter, or in a colde countrey, or where the person is of a very colde nature, the baynes shulde not be opened. And Damascene saythe, They whiche in youthe haue vsed to be moche let bloud, after they be thre score yeres olde, their nature waxeth colde, and naturall heate is in them suffocate, specyallye yf they were of a colde complexion. but that is to be vnderstande, where they that are in helth, are often let bloud. For in the lapse from helth, and in dyuers diseases, wherin the bloude is corrupted, or where it ingedreth impostumes, or resortheth to any place, where it ought not to be, or passeth by any other cundyte, than nature hath b̄d̄eyned, or where it is furious or inflamed, or by any other meanes b̄redeth greuous diseases, in all these cases, it ought to be practised, ye sonetyme in aged persons, women with childe, and yonge infantes. For in extreme necessitie it were better experience some remedie, than to do nothyng. All other thinges concerninge this matter, partayn to the partcuratiue, whiche treateth of healyng of lycknes, wherof I wyll not nowe speake, but remytte the reders to the counsaille of discrete phisitions.

Of scarifyeng called boxyng or cuppyng. Cap. 8.

Galenus.

Actu⁹ li. 3.

For as moche as it is not conuenient, to be let bloud oftentimes in the yere, bycause moch of the bytall spirite, passeth forth with the bloudde, whiche being exhaust, the body waxeth colde, and naturall operations becom the more feble, I therfore

fore do counsayle (sayth Galen) that the base partes of the body, as the legges, be scarified, which is the moste sure remedy, as well in conseruynge helthe, as in repayynge therof, beinge decayed. For it cureth the eyen being annoyed with longe distillations. It profiteth also to the head, and ouer parte of the body against sundry diseases. In what member the bloud is gathered, the body being fyrt purged by scarification, the greke maye be cured. Also Oribasius affirmeth the same, and Oribasius also addeth therto, that it helpeth squynances, or ^{in medick} quynces in the throte, and dissolueth the constipa- ^{ne com-} pendio.
tions or stoppings made of all places, if the places be scarified: not withstanding application of boxes about the stomake, in hot feuers, where reson is troubled, ar to be eschewed, for feare of suffocation. Lykewise put to the head vndiscretely, it hurteth both the head and the eies. The late au- ^{Aetius.} thors do affirme, that scarifieng is in the stede of lettinge bloudde, where for age, debilitie, or tyme of the yere, or other lyke consyderation, a manne may not susteyn bloud lettinge, and it bryngeth forth the thyn blod, which is next to the skynne.

Of bloud suckers or leaches. Cap. 9.

There is also an other fourme of euacuation by womes, founde in waters called bloudde suckers, or leaches, whiche being put vnto the body or member, doo drawe out bloudde. And their drawynge is moxe conuenient for fulnesse of blod thanne scarifieng is, for as moche as they fetche

Riii bloude

THE THIRDE

bloude more deper, and is more of the substance
of bloude. yet the opinion of somme men is, that
they do drawe no bloudde but that, whiche is cor-
rupted, and not proportionable vnto our body.
And therfore in grieses, whiche happen betwene
the skynne and the flesche of bloudde corrupted,
these are more conuenient than scarifieng. But
before that they be put vnto any part of the body
they must be fyrt kept all one day before, giuinge
vnto them a lytell bloude in fresshe flesche. And
than put them in a clene water, somewhat warme,
and with a spoung wype away the syne, whiche
is about them, and than lay a lyttell bloud on the
place greued, and put them than to it, and lay on
theym a spoung, that whan they be fulle, they
may falle awaie, or if ye wyll sooner haue theym
of, putte a horse heare bytweene theyz mouthes,
and the place, and drawe theym awaie, or putte
to their mouthes salte or ashes, or byneger, and
forthwith they shall falle, and than washe the
place with a spoung: and if there doo issue mo-
che bloudde, laye on the place the poulder of a
spoung, and pytche bourned, or lynnien clothe
bourned, or galles bourned, or the herbe callyd
Bursa pastoris bruyed. And this suffyseth concer-
nyng bloud suckers.

¶ Of hemoroides or pylles. Cap. 10.

HEmoroides be waines in the foundement,
of whome do happen sundry passions. some-
tyme swellyng, without bledynge, sometyme su-
perfluous

perfluous bloud by the puissance of nature, is by them expelled, and than be they very conuenient. for by them a man shall escape many great sycknesses, whiche be engendred of corrupted bloude, or of melancoly. Semblably, if they be hastylye stopped froume the course, whiche they haue bene vsed to, therby do increase the said syknesses, whiche by them were expelled, as dropsies, consumptions, madnes, fransies, and diuers diseases of the head, and other sycknesses, palenes of the byslage, griefe in the raines of the backe, and thies. And if they flow to moch, there insueth feblenes, leanenes of the body, alteration of colour, great pepnes in the lower partes of the bodye. And yf the fluse be vnmoderate, it engendreth myschewous diseases. Wherefore it wolde be diligentlye taken hede, that they runne in mesure, or els to vse some thinges moderately, whiche may restrayn them.

Concerninge other euacuatiōs, I do purpose-
ly omptte to wryte of theym in this place, for as moche as in this realme, it hath bene accompted not honest, to declare them in the bulgar tonge, but onely secretely.

Of affectes of the mynde. Cap. ii.

The last of thynges callid not naturall, is not the least parte to be consydered, the whiche is of affectes and passions of the mynde. For yf they be immoderate, they do not onely annoye the body, & shorten the lyfe, but also they do appaere, and somtyme lose vterly a mans estimation. And that

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that moche moze is, they bringe a man from the
use of reason, and sometyme in the displeasure of
almighty god. wherfore they do not only require
the helpe of phisike corporall, but also the coun-
sell of a man wyse and well lerned in morall phi-
losophye. wherfore after that I haue recyted,
what they be, I wyll briesly declare such coun-
sayles, as I haue gathered. And as concernyng
remedies of phisike sauinge a few symples, which
do comfort the harte & spirites, the residue I wyl
remytte to the counsayle of phisitions, lyke as I
haue done in euacuation. Affectes of the mynde,
wherby the body is annoyed, and do bring in sick-
nes, be these, yre or wrath, heuynes or sorow, glad-
nes, or reioycyng.

¶ Of Ire. Cap. ii.

IRE is kendlyd in the harte, inordynately chau-
fyng the spirites there, and than is sent forthe
in to the members, and doth superfluously heate
them, and disturbeth reason, where the bodyes be
hotte afore. wher naturall heate is feeble, the
heate may nat be dispersed vnto the extreme par-
tes, and than dothe the extreme members, that is
to say, whiche are farre frome the harte, remayne
colde, and tremblyng. Of this affection cometh
sometyme feuers, sometyme apoplexies, or priua-
tion of sencis, tremblyng, palseys, madnes, fran-
sies, deformitie of visage, and that warse is, out-
ragious swearynge, blasphemy, desyre of venge-
ance, losse of charitie, amitie, credence, also forget-
fulnes

fulnes of benefyte precedyng, and of obedyence, duetie, and reuerence. There also do succede contentacion, chargeable suite, vquietnes of mynde, lacke of appetite, lacke of slepe, feeble digestion, scorne, disdayne, and hatrede of other, with peryll of losyng of all good reputation. These incommodities of Ire, perfityly had in remembraunce, & at the fyrist motion therof one of them thought on, may happen to bryng in his felowes, & therby the flame may be quenched. O let hym that is angry, euен at the fyrist consyder one of these thinges, that lyke as he is a man, so is also the other, with whom he is angry, and therfore it is as lefull for the other to be angry, as vnto hym: and if he so be, than shall that anger be to hym displeasant, and stere hym more to be angrye. Wherby it appereþ, that Ire is to hym lothsome. If the other be pacient, than let hym abhoire that thyng in hym selfe, the lacke whereof, in the other contenteth hym, and asswageþ his malice. More ouer, let hym before, that occasion of Ire doth happen, accustome hym selfe to beholde, and marke well them that be angry, with the successe of that anger, & ruminate it in his mynde, a good space after. And in that tyme, let hym remember, how Christe, the sonne of God, and God, who (as he hym selfe sayd) mought haue had of God his father, if he wolde haue asked them, legions of angels to haue defended hym, ye with lasse than a wyng, mought haue slayn all his aduersaries: yet he not withstandinge rebuked, scorned, falsely

S - accused

T H E T H I R D E

accused, plucked hyther & thyther, stryped, boun-
den with halters, whyppe, spyte on, buffeted,
crowned with sharpe thorne, laded with a heuye
piece of tymber, his owne proper torment, halyd,
& driuen forth lyke a calfe to the slaughter house,
eftsones beaten and ouerthowen, retched forthe
with ropes, armes and legges layd on the crosse,
and thervnto with long yron nayles through the
handes and fete nayled, with many strokes of ha-
mers, with many prickynge, or euer the nayles
mought perce by his tender & most blessed fleshe,
and synewes, quyte throughe the harde tymber,
by to the heades of the nayles, and all this being
done for the offence of mankynd, and not his, yet
with the men, whiche dyd it, his mooste vnykynde
countrey men, his most vnnaturall kynnesmen,
whom he fyste made of nothyng, preserued by
myracles, delyuered from perylles, and cured of
dyseases, in all his vexation and trouble, he was
neuer sene or perceyued angry. If one wyll saye,
that Anger is naturall, lette hym also consyder,
that in Christis manhoode were all naturall po-
wers. If he wyll saye, that Ire is token of cou-
rage, and in Christe it lacked not, whome both an-
gels and veuyls trembled and feared. The pre-
myses often reuolued, and boorne in the mynde, I
wyll not say, Shall biterly extyncte all motions of
wrath, whiche is not possible, but it shall, whan it
kyndleth lyghtly represse it, and lette that it shall
not growe unto flame. And in speakyng here of
wrathe, I do not meane that, whiche godd menne
haue

haue against vices: or wyse and discrete gouernours, and maisters, agaynst the defautes or negligences of their subiectes or seruauntes, vsed in rebukynge them, or moderately punyschynge them. For that is not properly y^ere, but rather to be callyd displeasure, and is that wherof god speketh, by his prophete Dauyd, sayenge, Be you Psal. 4. angry, and do not synne. And that maner of anger, hath ben in dyuers holy men, prophetes, and other. And it appered in Christe, whan he draue Genes. 31. oute theym, whiche made their markette, in the Exod. 32. holy temple of god, where there oughte to be no Leuit. 10. thyng but prayer. And in lykewyse whan he rebuked the hypocrites. But yf none of these thynges may come so shortely to his remembraunce, that is meued with anger, at the leaste, lette hym thynke on the lesson, that Apollodorus the physiopher, taught to the emperor Octauian, that before he speake or do any thyng in anger, he do recite in order, all the letters of the A, B, C, and remoue somewhat out of the place, that he is in, and seke occasion to be otherwyse occupied. This shal for this tyme suffice, for the remedyes of Ire. And he that wyll knowe more of this matter, lette hym rede in my warke, callyd the Gouernour, where I therof do write more abundantly.

¶ Of dolour or heuynesse of mynde.

Capitulo. 12.

There is nothyng moze enuemye to lyfe, thā sozowe, callyd also heuynes, for it exhausteth **S**ii both

THE THIRDE

*Egitudo quomodo
nocet. /*

o.17.

*Ecclesiast.
xi. 25. 28.*

bothe naturall heate and moysture of the bodye,
and dothe extenuate or make the body leane, dul-
leth the wytte, and darkeneth the spirates, letteth
the vse and iudgement of reason, and oppresseth
memoyre. And Salomon sayth, that sozowe dri-
eth vp the bones. And also, lyke as the mothe in
the garment, and the wourme in the tree, so dothe
heuynesse annoye the harte of a manne. Also in the
boke callyd Ecclesiasticus, Sozowe hath kylled
many, and in it selfe is founde no comunoditie.
Also by heuynesse deth is hastened, it hydeth ver-
tue or strengthe, and heuynesse of harte boweth
downe the necke. This is so puissant an ennemye
to nature and bodily helth, that to resist the ma-
lyce and violence therof, are required remedies,
as well of the holsome counsayles founde in holy
scripture, and in the bokes of morall doctrine, as
also of certayne herbes, fruites, and spyces, ha-
uyng the propretie to expelle melancholyke hu-
mours, and to comfort and kepe lyuely the spira-
tes, whiche haue their proper habytation in the
harte of man, and moderate nourishyng of the
naturall heate and humour callyd radicall, which
is the base or foudation, wherupon the lyfe of man
standeth, and that fayling, lyfe falleth in ruine, &
the body is dissolved. Nowe fyre I wyll declare
some remedies agaynst sozowfulness of harte, co-
cernyng necessary counsayle.

Sometyme this affecte hapneth of Ingratyc-
tude, eyther where for benefyte, or special loue em-
ployde, one receyveth damage, or is abandoned
in his

in his necessitie, or is deveyued of hym, whome he trusted, or syndeth hym, of whom he hath greate expectation, forgetfull or negly gent in his cōmodicie, or perceyueth the persone, whome of longe tyme he hath loued, to be estraunged from him, or to haue one of later acquayntaunce in moze estymation. This affection nyppeth the harte, ye of moste wyse men, for they loue moste hartily, not prouoked by carnal affection, but rather by good opinion, ingēdred by similitude of honest studyes and vertuous maners of longe tyme mutuallye experienced. And it is not only vnto mā greuous, but also vnto god most displeasant and odious, as it is abundantly declared in scripture. Wherefore the persone, whiche feleth hym selfe touched with this affecte, before that it growe into a passion, and wareth a lycknesse, lette hym call to remembraunce these articles folowinge, or at the leſt ways ſome of them, for everyche of theym maye eafe hym, though perchaunce they can nat forthe with perfitylē cure hym.

Conſyder, that the corruption of mans nature Conſailes is not ſo moch declared in any thing, as in ingra-ageiſt inſ titude, wherby a man is made wortle, thā dyuers gratitudo. brute beaſtes. The lyttell ant or emote helpeth vp his folow, whom he ſeeth ouerthowen with bur- deyn, or by other occaſion. Also whan olyphantes do pasſe ouer any great water, the grettest & moſt puissant of them deuide them ſelues, and ſettyngne the weakeſt in the myddell, part go before, trieng the depenes and peryls, parte come after, ſuccou-

Appianus
in varia hi-
ſtoria.

S. II. ryngē

THE THIRDE

*The kind nature
of y^e Elephant.*

*Seneca de
benefi. 7.*

ringe the weakest or least, with there longe noses, whan they se them in danger. The same beastes haue ben sene not onely bynging men out of deser-tes, which haue lost their ways, but also reuenge the displeasures done to theym, the whiche gaue them meate, as one that slewe him, which hadde comytted aduoutrie with his maysters wyfe. The terrible Lyons and Panthers, haue ben sene in their maner, to render thankes to their benefac-tours, ye and to obiecte their owne bodyes and lyues for their defence. The same we maye dayly beholde in our owne dogges. Thā in whom thou syndest the detestable wyce of Ingratitude, repu-tyng hym amonge the warst sorte of creatures, thinks not that thou hast lost a frende, but thinke that thou arte delyuered from a monster of na-ture, that deuoured thy loue, & that thou art now at libertie, and hast won experiance to chese the a-better. But if this may not suffice, than eftsones consyder, that if thou loke well on thy selfe, per-chance thou mayst synde the faute, wherof thou complaynest, within thyn owne bosome. Calle to thy remembrance, if thou hast alway rendred vī-to euery man condigne thankes or benefitte, of whom thou hast kyndnes receyued, or if thou hast alway remembred, euery one of theym, that haue doone to the any commoditie or pleasure. Thou shalte well perceyue, that what thyngē thou receyuedst in childehode, thou forgattest or diddest litel esteime, whan thou camist to the state of a man. And what thou dyddest remember in youthe, in age

age thou dyddest lyttell thyngke on : thy nouryces
pappe, her rockynge, her watchynges, thou hast
not alway remembred, or equally recompensed.

note

Thy schole maysters study, his labour, his dily-
gence, in a like degré, thou hast not requited. What
greter frédes hast thou had, of whom thou coul-
dest receyue any greater benefites, than thy nou-
thyng and preseruinge of thy lyfe, in thy most fe-
blenes, or thyne erudicio, wherby thy nature was
made more excellent. Remembryng this, leue
to be angry or sorowfull for so comon a byce, yet
if it cesse not to greue the, coserre the ingratitudo
that doth vere the, with that ingratitudo, whiche
was shewed by the Israclites, whome god chas-
for his owne people, delyuered from seruage, shew-
ed for them wôders, preserued them forty yeres
in desert, destroyd for them kynges, gaue to them
the countrey, whiche frowed mylke and hony, de-
fended them agaynst all outwarde hostilitie, sente
vnto them such abundance of ryches, that syluer
was in Hierusalé, as stones in the strete, had his
tabernacle, and afterwarde his moste holye tem-
ple amonge them, whiche he dyd dayly hysit with
his diuine maiestie, made their kynges to reigne
gloriosely, and spake with their prophetes fa-
mylyarlye, and corrected theyr errores mooste
gentilly: and yet for all this, they imbracyng the
paynyns idolatrie, they left so gracious and lo-
uyng a lord, and lyuyng god, and to his greatte
dispite, gaue diuine honours, to calues of brasle,
and other monstrous images, and at the laste,

put

THE THIRDE

put to moste cruell dethe, the onely sonne of god,
that had done so moch for them.

*Christi patrum tra
discribitur.*

And if we chisten men, do loke well on our selues, reuoluyng the incomparable benefite, whiche we haue receyued by Christis passion, and consider the circumstance of his moste excellent pacience, and moste feruent loue towarde vs, with our forgetfulnessse, and the dayly breache of oure promyse, whiche we made at our baptysme, conferringe our mutuall vnykynnes therunto, there shall appere none ingratitude that shulde offend vs. Fynally for a conclusion, beholde well about the, and thou shalt all day fynde the chylderne ingrate to their parentes, and wyues to their husbandes. And wylte thou loke that thy benefite or bayne expectation, shuld make the moze fre from ingratitude of thy frende, whome chaunce hath sent the, than nature maye the parentes towarde their chylzen, or the coniunction of bodies by lefull mariage, take vnykynnesse from the wyues toward their husbandes. This vice therfore of Ingratitude, being so common a chance, maketh no woyldly frendshyp so precious, that lyfe or helthe therfore shulde be spent or consumed. I haue bene the lengar in this place, bycause I haue hadde in this grieve sufficient experiance.

*Deathe of
chylderen.* ¶ If deathe of chylderne be cause of thy heynnesse, call to thy remembraunce some chylderne (of whome there is no lyttell number) whose lyues either for vncorrigible vices, or infortunate chances, haue ben more greuous vnto they parentes, than

than the death of thy children, oughte to be vnto
the: consideringe that deth is the discharger of al
griefes and myseries, and to them that dye well,
the syght entrie in to lyfe euerlastynge.

Chapter viii. The losse of goodes or authoritie doo greue Losse of
none but fooles, which do not marke diligently, goodes,
that lyke as neyther the one nor the other doth al-
way happen to them that are worthy, so we haue
in dayly experiance, that they falle from hym so-
deynly, who in increasynge or kepyng them se-
meth moste busye.

COstentymes the repulse frome promotion is Lacke of
cause of discomforste. but than consyder, whether promotiō.
in the opinion of good men, thou art denied wort-
thy to haue such aduauncement, or in thyne owne
expectation and fantasy. If good men so iudge
the, thanke thou god of that felicitie, and laughe
at the blyndnesse of them, that soo haue refused
the. If it procede of thyne owne folye, abhorre al
arrogance, and inforce thy selfe to be aduanced in
mens estimation, before thou canst fynde thy selfe
worthy in thy proper opinion.

All other chaunces of fortune, esteme as noon Chaunces
thyng, & that longe before they do happen. The of fortune,
ofte recordynge of myserie, prepareth the mynde
to fele lesse aduersitie. And the cōtempt of fortune
is sure quietnesse and most perfite felicitie.

Ch. This nowe shall suffise concerninge remedies
of morall philosophie. Nowe wyll I write some-
what touchyng the counsayle of phisycke, as in-
celiuyng the bodye, whiche eyther by the sayde

AC occall=

THE THIRDE

occasions, or by the humoure of melancolye is brought out of temper.

The sy^rste counsayle is, that durynge the tyme of that passion, eschewe to be angry, studyous, or solytarie, and reioyse the with melody, or els be al way in suche company, as beste may content the.

Auoyde all thynges that be noyous in syghte, smellyng, and heryng, and imbrace al thinge that is dilectable.

Flee darknes, moche wachte, and busynesse of mynde, moche companieng with women, the vse of thinges very hote and drye: often purgations, immoderate exercise, thirst, moche abstinence, dry wyndes and colde.

Absteyne from dayly eatinge of moch olde biese or olde mutton, hacde chese, hare fleshe, boozes fleshe, venyson, saltfyshe, colewortes, beanies, and peason, very course breadde, greatte fyshes of the see, as thurlepole, porpyle, and surgeon, & other of lyke natures, wyne redde and thycke, meates beinge very salte or sowre, olde, burned, or fried, garlyke, onyons, and lekes.

Use meates, whiche are temperately hotte, and therewith somewhat moyste, boyled rather than rosted, lyght of digestion, and ingendryng bloude clere and fine. As mylke hot from the vdder, or at the lest newe milked, tuen chese, sweete almondes, the yelkes of rere egges, litel byrdes of þ busshes, chyckens, & hennes. Wyne white or clarette, clere or fragraunte. Sweete sauours, in winter hot, in sommer colde, in the meane tyme temperate.

Con-

¶ Confortatiues of the
Harte hotte.

B Ourage, the floure
Boyleafe.
Buglosse.
Baulme mynte.
Elycampane.
Cloues.
Cardamomum.
Rosemarye.
Lignum aloes.
Muske.
Ambergrise.
Saffron,
The bone of the harte
of a redde dere.
Myntes.
The rynde of Cytron.
Been.
Cububes.
Basyle.

¶ Confortatiues of the
Harte colde.

V Yolettes.
Perles.
Cozalle.
The unicornes horne.
Olde appulles whiche
be good.
Roses.
Saunders.
The olyphantes tothe.
water lyllies.
Cozander prepared:

¶ Confortatiues tem=

perate.

C Jacincte.
Saphire.
Emerauldes.
Myzabolanes, callyd
kebulti.
Buglosse.
Golde, syluer.

¶ Of Ioye.

I Oye or gladnesse of harte dothe prolonge the
lyfe, it fatteth the body that is leane with trou=
bles, binginge the humours to an equall tem=br/>perance, and drawinge naturall heate outwarde.
But if it be sodayne and feruente, it oftentimes
leeth, soz as moche as it draweth to sodeynly and
¶ C ii excessiue.

THE THIRDE

excessiuelly naturall heate outwarde. And therfore
dyuers men and women haue ben sene to falle in
a sounde, whan they haue sodelynly beholdeyn
the persones, whom they feruently loued.

Ti. Liuius. As a woman in Rome, herynge fyſte, that her
sonne was slayne in battayle. After whan he cam
to her, she ſinge hym a lyue, imbracynge eche o-
ther, ſhe dyed in his armes. This well conſydyred
ageynſt ſuche inordinate gladnes, the beſte pre-
ſeruatiue is to remember, that the extreme partes
of mundayne ioye is ſorowe and heuynesse: And
that nothinge of this world, may ſo moche reioyce
vs: but occaſion maye cauſe it to be diſpleaſant
vnto vs.

¶ The domynion of ſundry complexions. Cap. 13.

IT ſemeth to me not inconuenient, that I doo
declare as well the counſayles of ancient and
aprooued authoſ, as alſo myne owne oppnion
gathered by diligent marking in dayly experieſce,
concernyng as well the necessary diete of euerye
complexion, age, and declination of helth, as alſo
the meane to reſyſte diſcasies of the body, before
ſyckenes be therin confirmed, leauyng the reſi-
due vnto the ſubſtāiall lernyng and circumſpect
practiſe of good phisitions, whiche ſhall the moze
easily cure the pacientes, if their pacientes do not
diſdayne to beare away and folowe my counſell.

And fyſt it ought to be conſydyred, that none of
the foure complexions, haue ſooly ſuche domini-
on in one man or womans body, that no parte of
any

any other complexion is therwith myxt. For whā
we call a man sanguine, colerike, fleumatike, or
melancolye, we do not meane, that he hath bloud
only without any of the other humours, or coler
without bloude, or fleume without bloude or me-
lancoly, or melancoly without blod or coler. And
therfore the man, whiche is sanguyne, the more
that he draweth into age, wherby naturall moy-
sture decayeth, the more is he colerike, by reason
that heate, surmountyng moisture, nedes must
remayne heate and drythe. semblably the coleryke
man, the more that he wareth into age, the more
naturall heate in hym is abated, and drythe sur-
mountyng naturall moysture, he becometh me-
lancolyke: but some sanguyne man hath in the
propoziſion of temperatures, a greaterre myxture
with coler, than an other hath. Likewise the coler-
ike or fleumatike man with the humour of san-
guine or melancoly. And therfore late practisers
of phisike are wont to call men, accordyng to the
myxture of their complexions, whiche man recey-
ueth in his generation, the humours, wherof the
same complexions do consyst, beinge augmented
superfluously in the body or members by any of
the sayd thinges callid not natural, euery of them
do semblably augment the complexion, whiche is
proper vnto hym, and byngeth vnequall tempe-
rature vnto the bodye. And for these causes, the
sanguine or fleumatike man or woman, felyng
any discrasie by choler hapned to them by the sayd
thynges called not Naturalle, they shall vſe the

THE THIRDE

dyete discribed hereafter to hym, whiche is naturally coleryke. Semblably the coleryke or melancholyke man or woman, hauyng any discrasye by fleume, to vse the diete of hym, which is naturally fleumatike, alway remembryng, that sanguine and fleumaticke men haue moxe respecte vnto drithe, coleryke and melancholyke vnto moisture, and that alway as the accidentall complexio decayeth, to resort by lyttell and lytel to the diete, pertayninge to his naturall complexion.

¶ The tymes appropried to euery naturall humor. Cap. 14.

But fyse it muste be consydered, that where the foure humours, be alway in manne, and in somme man commonly one humoure is more abundant than an other naturally, that is to saye, from his generation. The sayde humours haue also peculyar tymes assygned to euery oone of theym, wherin eche of them is in his most power and force, as after ensueth, after the description of *Soranus*.

Soranus
Ephesius.

Cffleume hath moste puissance in wynter, from the. viii. Idus of Nouember, vnto the. viii. Idus of Februarie, whereby are engendred Catarres or reumes, the vuula, the cough, and the stytche. This humour is part in the head, part in the stomake. It hath dominyon from the thyde houre of nyghte, vntyll the nyntye houre of the same nyghte.

CBloudde increaseth in Spypnge tyme, frome the

the. viii. Idys of february, vnto the. viii. Idus of May, wherof are ingendred, feuers, and swete humours, whiche do shortly putrifye, the power of this humour is about the hart, and hath dominion from the. ix. houre of night, vntyll the thirde houre of the morynge.

Redde choler hath power in sommer from the viii. Idus of May, vntyll the. viii. Idus of August, whereby are ingendred hotte and sharpe feuers, this humoure is specially in the lyuer, and hath dominion from the thirde houre of day, vntyll the. ix. houre of the same day.

Yelowe choler, wherof is ingendred the fleme of the stomake, is nourished in Autumne, whiche begynneth the. viii. Idus of August, and dureth vnto the. viii. Idus of Nouember, and maketh shakynge feuers and sharpe, the blacke coler than increaseth, and than followeth thycknesse of the bloude in the baynes. Blacke coler or melancholy moste raigneth in the splene, and it raigneth from the nynthe houre of daye, vntylle the thirde houre of nyght.

Peculiar remedyes against the distemperance of euerye humour.

Iff the distemperance be of bloude, helpe it with thynges colde, sharpe, and drye: for bloudde is moiste, hotte, and swete. If it be of redde coler, gyue thynges cold, moist, and swete, for redde coler is better and dry. If it be of blacke coler giue thynges hotte moist and swete, for blacke coler is Sharpe

Soranus
in arte medendi,

THE THIRDE

Sharpe and colde. If the disease be of salt fleume, gyue thynges swete hot and drye, thus sayth **Soranus**. Not withstandyng where there is abundance of colde fleume not myxte with coler, there thinges very sharpe and hote be mooste conuenient, as tarte byneger with hote rotes and sedes, or wynes stronge and rough, hony beinge sodden in the one and the other, or where choler is myxte with fleume, syrope acetose made with byneger and sugar boyled, sometyme with herbes, rootes, or sedes, which may dissolute fleume and digest it.

¶ Diete of them, whiche are of sanguyne
complexion. Cap. 15.

Frasmoche as in sanguyne men bloud mooste
raigneth, whiche is soone corrupted, it shal be
necessary for them, whiche are of that complexion,
to be circumspecte in eatynge meate that shal
wyll receyue putrifaction, as the more parte of
fruities, specially not being perfittly ripe, also mea-
tes that be of yl iuyce, as fleshe of beastes to olde,
or to yonge, bdders of beastes, braynes except of
capons and chykens, marowe of the backe bone,
moche vse of onyons, lekes, garlyke, moche vse
of olde fygges, moche vse of rawe herbes, and al-
thynge, wherin is excesse of hete, colde, or moy-
sture, meates that be stale, fyshes of the fennes or
muddye waters, and to moche slepe, as experi-
ence sheweth.

Diete

¶ Dyete of cholericke persons. Cap. 16.

To them, whiche be cholericke, beinge in their naturall temperature, and hauinge not from their youth vsed the contrary, grosse meates moderately taken, be more conuenient, than the meates that be fyne, and better shall they dygeste a piece of good biefe, than a chykens legge. Choler of his propertie rather burnyng than well digestynge meates of lyght substance, notwithstanding some gentylinen, whiche be nyctely brought vp in theyr infancy, may not so well susteyne that diete as poore men, beinge the moare parte vsed to grosse meates. wherfore theyr diete muste be in a temperance, as yonge biefe, olde veale, mutton, and venyson powdred, yonge geese, and suche lyke, conseruynge their complexion with meates lyke thererinto in qualitie and degree, accordinge to the counsaile of Hipocrates. And as he perceyueth choler to aboude, so to interlace meates, whiche be cold in a moderate quantite, & to alay their wyne moare or lasse with water, eschewynge hotte spices, hotte wines, and excellent labour, wherby the bodye maye be moche chaufed. Also he maye eate oftener in the day, than any other: for esene, that there be suche distance betwene his meales, as the meate before eaten be fully dygested. whiche in some person is moare, in some lasse, accordinge to the heate and strength of his stomake, notwithstanding alwaye, that the colericke persone digesteth moare meate than his appetite desireth, the melancolyke

THE THIRDE

colyke person desyret by false appetite moze thā
his stomacke may digest. And to a choleryke per-
son, it is right dangerous, to vse longe abstinenēce:
for choler, syndyng nothyng in the stomacke to
concocte, it fareth than, as where a lytell potage
or mylke, beinge in a vessell ouer a great fire, it is
burned to the vessell, and vnsauery fumes & va-
pours do issue out therof. Likewise in a cholericke
stomake, by abstinence, these inconueniences do
happen, humours adust, consumyng of natural
moysture, fumosities and stynkyng vapours,
ascendyng vp to the head, wherof is ingendred,
duskyng of the eyes, head aches, hotte and thyn-
reumes, after euery littel surfete, and many other
inconueniences. Wherfore besyde the opynion of
best lerned men, myne own peynful experiance al-
so moueth me, to exhorte them, whiche be of this
complexion, to eschewe inoche abstynence. And
althoughe they be studious, and vse lyttell exer-
cise, yet in the morynge, to eate somewhat in lit-
tell quantitie, and not to study immediatly, but
fyſt to sytte a whyle, and after to stand or walke
softely, whiche hsyngē these two yeres, I and al-
so other, that haue longe knownen me, haue per-
ceyued in my body a greate alteration, that is to
say, from ylle astate to better. Alway remember,
that if any other humour do abound in the chole-
ryke person, as fleume, or melancoly, than vntill
that humour be expelled, the diete muste be corre-
ctiue of that humour, and therfore moze hote and
fine, than the naturall diete before rehersed: but
yet

yet there wolde be alwaye respecte had to the naturall complexion, sometyme sufferynge the person to eate or dynke that, which nature working, seruently desireth.

¶Dyete of fleumatike persones. Cap. 17.

IT is to be remembred, that pure fleume is properly cold and moyste, and lacketh tast. Salte fleume is myxte with choler, and therfore hathe not in hym so moche colde nor humiditie, as pure fleume hath: & therfore it requyret a temperance in thinges hot & dry, wherby fleume is dygested or expulsed. To fleumatike persons al meates ar noyfull, which are very cold, viscous or slymy, fat or sone putrified, eating moch and often, special- ly meates engendring fleume, whiche be remembred in the table precedyng. All thynges be good whiche are hotte and drye, also meates and dynkes whiche be sowre: onyons also, and garlyke, moderatelye vsed, be very commendable, in pure fleume not myxte with choler, moche vsyng of salt, specially dried. Pepper grosse beaten and eaten with meate, ought to be with all fleumatycke persons famlyar, also gynger is ryghte conuenient, but not to be so frequently vsed as pepper, for as moche as the nature of pepper is, that beinge eaten, it passeth through the bodye, heatyng and comfortinge the stomake, not entrynge into the baynes, or annoyng the lyuer, whiche vertue is not in gynger. Gynger condyte, the whiche we do call grene Gynger, specially candyd with

All Sugare

THE THIRDE

Sugat, if it may be gotten, and also Myzobalan-
nes, called kebuli, condite in India, be most excel-
lente remedyes agaynst fleume. also the herbes,
which are remembred afoze in the table of digesti-
ues of fleume, and the rootes of persely, fenell, yze-
os, Glycampane, and carettes be very commen-
dable. Exercise twise in the day, the stomake be-
inge almost empty, so that sweate begynne to ap-
pere, is very expedient, cleasinge of the body from
al filthynesse, with rubbyng and wypinge, often-
tymes with washinge, specially the head and par-
tis therabout, moderate sweatynge in hot bathes
or stufes be to this complexion necessary, special-
ly whan they haue eaten or drunken excessyuely.
The head and fete to be kept from cold, & to dwel
hygh and far from mores and marshes, is a rule
right necessary. also to absteyne from eatinge her-
bes and rootes not boyled, and generally from all
meates, whiche wyll not be easlyy dygested.

¶ The diuision of melancoly, and the diete of per-
sons melancolike. Cap. 18.

Melancoly is of two sortes, the one is called
naturall, whiche is onelye colde and drye,
the other is callyd aduste or burned. Naturall
melancoly is (as Galene saythe) the resydence of
dregges of the bloud: and therfore is colder and
thycker than the bloude. Melancoly aduste is in
four kyndes, eyther it is of naturall melancoly
aduste, or of the more pure parte of the bloudde
aduste, or of choler aduste, or of salt fleume aduste.

But

But of all other that melancoly is warst, whiche
is ingendred of choler: fynally all aduste melan-
coly annoyeth the wytte and iudgement of man,
for whan that humour is hotte, it maketh menne
madde, and whan it is extincte, it maketh menne
fooles, forgetfull, and dulle. The natural melan-
coly kepte in his temperance, profyteth moche to
true iugement of the wyt, but yet if it be to thicke,
it darkeneth the spirites, maketh one timorous,
and the wytte dulle. If it be myxte with fleume, it
mortifieth the bloude with to moche cold. Where-
fore it may not be so littell, that the bloud and spi-
rites in their feruentnes, be as it were vnbridlyd,
wherof do happen vnsablenesse of witte and slip-
per remembraunce: nor yet so moche, that by the
weight therof (for it is heuy, approchynge nyghe
to the erthe) that we seeme to be alwaye in sleape,
and nede a spurre to prycke vs forwarde. Where-
fore it is ryght expediente, to kepe that humour
as thyn as nature wyll suffer it, and not to haue
to moche of it. But nowe to the diete pertaynyng
to them, whom this humor annoyeth. The know-
ledge, that melancoly reigneth, is oftentimes he-
wynesse of mynde, or feare without cause, slepy-
nesse in the members, many crampes without re-
plecion or emtynesse, sodayn fury, sodayn incon-
tinencie of the tongue, moche solicitude of lyght
thynges, with palenesse of the vsage, and feare-
full dreames of terrible vyspons, dreamyng of
darkenes, depe pyttes, or deathe of frendes or ac-
quyntance, and of all thinge that is blacke. The

Ex Marci
lio sicino.
de vita sa-
næ.

Wit meates

THE THIRDE

meates conuenient are they, whiche be temperate
in heate, but specially they that be moist: meates
sone digested, and they rather boyled than rosted,
temperately myrtle with splices, mylke hotte from
the vdder, or late mylked, is very conuenient for
that complexion, swete almondes blaunched, and
almonde mylke, the yelkes of rere eggges, and fy-
nally all thynges, whiche engender pure bloude,
and all that is witten in the chapiter of age. All
these be yll for them, wyne thycke or troublouse,
specially redde wyne, meates harde, dry, very salt,
or sowle, bourned meate, fried meate, moche bief,
hares fleshe, beanies, roket, colewores, mustard,
radyne, garlyke, excepte there be moche wynde
in the body, for than is it very holsome, onyons,
lekes, fynally all thynges, whyche heatech to mo-
che, kelech to moch, or driech to moche, also wrath,
feare, compassion, sorrow, moche study or care, mo-
che ydelnesse or reste: all thynges that is greuouse
to see, to smell, or to here, but most specially dark-
nesse. Moreouer moche drieinge of the body, ey-
ther with longe watche, or with moche care and
tossyng of the mynde, or with moche lecherye, or
moche eatynge and drynkynge of thynges that
be hotte and drye, or with immoderate euacua-
tion, iabour, abstinence, thyrist, going in the aire
untemperately hotte, colde, or drye, all these thin-
ges do anoye them that be greued with any me-
lancolye. It is to be diligently consydered, that
where melancolye happeneth of choleric aduste,
there meates, whyche be hotte in warkynge,
wold

see these are good
for the melancholy
person.

These are yll
for dyett of one
that is melancholy.

wolde be wyselye tempered, and dynkyng of
hotte wynes wolde be eschewed: semblable cau-
tele wolde be in sauoures. Not withstandyng
moderate vse of small wynes, clere, and well ber-
dured, is herein very commendable, the humour
therby beinge clarified, and the spritis clenched,
but the abuse or excesse therof doth as moche da-
mage. Alsoo it is ryghte expedient, to putte into
wyne or ale, a gadde of syluer or golde, glowinge
hotte oute of the fyre, to temper hotte meates
with roses, Vyolettes, Daunders, Rose water,
bourage, Buglosse, baulme callyd in latyne Me-
lyss, or the water of all thre drunken with good
wyne, whyte, or clarette, or made in a Julep
with sugar, is wonderfull holosome, chewynge of
lykoyse, or raisons of cozaunce is ryght expedy-
ente: but mooste of all other thynges, mythe,
good compayne, gladnesse, moderate exercysle,
with moderate feedynge. And thus I leaue to
speake of dyetes aptely belongyng to the fourre
complexions.

The

THE FORTHE BOKE

Cwhat crudite is, and remedies therfore. Capitulo .i.



VYLL SOMEVVHAT wrytte
of two discrasyes of the body, whiche
doo happen by the excesse or
lacke of thynges callyd not natu-
rall, wherof I haue spoken before.
The one is callyd crudite, þ other
lassitude, whyche althoughe they be wordes made
of latyne, hauynge none apte englyshe wordes
therfore, yet by the defynytions and moxe am-
ple declaration of them, they shall be vnderstande
suffycyentely, and from hensel for the vsed for
englyshe. But fyse it shall be necessarye, to con-
syder, that concoction is an alteration in the sto-
macke of meates and dynkes, accordyng to
their qualities, wherby they are made lyke to the
substance of the body. Crudite is a vycious con-
coction of thynges receyued, they not beinge hol-
ly or perfitelie altered. The cause therof is, some-
tyme the distemperature of the stomake, somtyme
inflammations, somtyme matter congeled, or im-
postumes in the stomake, otherwhile ingurgita-
tion of meate and dynke: or for the vycious qua-
litie of the same meates or dynkes, or the recey-
uyng therof out of order, or lacke of exercise, or
of conuenient euacuation. Galene sayth, that in
crudite or vicious concoction it must be considred,

Concoction
what it is.

Crudite
what it is.

The cause
of crudite.

Galen de
uen.sani.
li. 4.

as

as well if the iuyce be utterly corrupted, and may not be sufficiently concocte, as also if it be in the way of concoction, for if it be corrupted, it must be expelled by sweate or bryne, if it be halfe concocte, than must suche thynges be ministred as maye helpe to profite concoction, hauynge regarde to the quality and temperaunce of the iuyce, that is to saye, whether it be thycke or thynne, fleumati-
tyke or cholericke: whiche shall be perceyued by the diet precedyng, and also by other thinges na-
med not Natural, for fleumatike meates eaten in
great quantity or often, maketh fleumatike iuyce.
Lykewyse dothe lacke of conuenient exercise, to
muche rest or ydelnesse: as cholericke meates and
vehement labours do make colericke iuyce in somer
and melancholike iuyce in Autumne, specially where
labours be contynuall or longe duryng. Alsoo
where labour is with moch sweate, there is the b-
ryne more grosse: where it is without sweat, there
is it thynner. Moreouer the colour and substance
of the bryne, declarereth the temperaunce of the iuyce,
whiche shall be hereafter declared in the table of
brynes. Semblably the colour of the body decla-
rith the iuyce that is in it, for beinge whiter than
it was wont to be, it sygnifieth abondaunce of
fleume: beinge more pale or yelow, it betokeneth
excesse of coler: if it be blacker, it sygnifieth me-
lancolye, if the yll iuyce be moch in quantity and
the bloudde lyttell, the yll iuyce wolde be dige-
sted and expelled with suche thynges as doo serue
for that temperature; but if the bloude be moche,

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and the yll iuyce lytell in quantity, there wold the bayne be opened, and after sufficient bledynge, a conuenient purgation gyuen, hauyng regarde aswel of the quantitie of the iuyce, as of the kinde therof, in case that either for age or for timorousnesse, a man wyll not be lette bloude, than muste he be purged by siege in more abundance: But if he in whome is lytell good bloude, and moche yll iuyce, and feeleth a lassitude or werynesse in all his body, he shulde neither be lette bloude, nor receyue purgation, nor yet labour or walke moche: but abyde in moch quyete, & assay to cleape moche and receyue such meates drynkes and medicines, whiche doth attenuate or make chynne, cutte, and digest grosse humours without vehement heate, wherof it is witten in the table of digestyues: in the number of whome is oxinell, being wel made, or Acetosus symplex, where the iuyce is moche cholerike or melancolike. Semblably capers with oyle and vyneger be praysyd of Galene. Whan there apperith in the bryne a residence light and white, than wyne white or clarette moderately taken helpeth to concoction, maketh good iuyce, and prouoketh bryne: than increase fricacions and exercise by litel & litel, and than let him retourn to his naturall dyete. In whome is abundance of raw iuyce, and outwardly feeleth a lassitude, to them Galene counsayleth, the seconde or thirde daye, to giue Meathe, wherin ISSope is boyled, and afterward to vomite. The meane to escape crudite, is to be diligent in obseruation, of the councells before

before wrytten, concernyng the thynges called
not naturall, not moche vsyng incates that be
very harde to concocte, also fatte meate and mea-
tes longe kept, also corrupted or stynkyng, swete
fruities, and banketynge dyshes, hasty fedynge
without good chewynge, also moche or very ofte
drynkyng at meales, very moche heate, or very
moche colde after meate.

¶ Furthermore it must be consydered, that all
thynges whiche bryngeth griefe to the body, is in-
gendred eyther of to moche abundance of iuyce, or
of the vicious quality therof. He that is sycke of
abundance, the dyete of hym holy consisteth, in re-
ducinge the iuyce to a conuenient quantytie. He
that is greued with the viciouse qualytie of the
iuyces, his oder resteth in makyng the iuyces e-
quall in temperature. Mozouer where that which
passeth out of the body, is lesse than that which is
receyued in to the body, there hapneth syckenesse,
whiche commeth of abundance. In the which case
it ought to be diligently foreseen, that there be ob-
served a conuenient meane of meates and dryn-
kes, in respect of that which is expelled out of the
body, whiche may be done if the quantity of eche
of them be wisely consydered. And where aboun-
dance is, there the quantytie or qualytie, or both,
be tempred. Alway remember, that of crude iuyce
be dyuers kyndes, some be colde and fleumatike,
some be hotte and cholerike; other be moze thyme
and watty, some of blacke color or melancholyke.
They whiche do abounde in any of them, mulke

THE FORTHE

absteyue from such meates and drynkes, whiche
do ingender such iuyce as dothe annoye theym:
those meates and drynkes be declared in tables
preceding. Item also wold, that he shuld drinke
a draughte of cold water, assirynge, that therby
the stomake being corroborate, drueth out of him
downe into the bely, that which cleaueth fast to it.
I my self vsinge to drinx fastynge, very smal bire
or ale, whan I haue ben in that case, haue found
ease by it. Paulus Beguneta wylleth, that at the
begynnyng, the legges and armes shoulde be
rubbed with a course linnen clothe, the legges
downewarde to the fete, the armes to the topes
of the fyngers, and whan they be wel chaufed, tha
to rubbe them agayne with some oyle, that dothe
open the pooyes, and dysculle the vapours, as
oyle of camomyll, oyle of anete, and other lyke.
he prayseth moche Mulle, or the water of honye,
specially yf some Rose be boyled in it. Galene, &
all other, do agree, that in this case Pepper bry
sed and eaten with meate, is very expedient: And
wher there is moche wynde in the stomake, than
to eate all tymes of the day of the medycme made
of the thre kindes of pepper, tyne, anyse sede, and
hony clarified, whiche is called Diatrion piperes
on, or that whiche is called Diaspoliticon, or Di
apiganon, whiche is made of cuminyne, stieped
one daye and a nyght, or lenger in tarte byneger
and after stryed or layde on a burninge hot stone,
and made in powlder, also pepper, and rewe dryed
somewhat, and made into powlder, all in equall

poze

Galen^o de
menda sa
ni. lib. 5.

Act^o ser
mone. 9.

Paul. Egi.
lib. 2.

poxions, and myxt with clarified hony. Galene
 addeth thereto salte peter, called in latyn Nitrum.
 The confection made with the iuyce of quynces,
 and is called Diacytoniten, is very excellent, but it
 is to be diligently noted, that where crudite is in
 a cholerike personne, there wolde the sayde medi-
 cines be temperatly vsed, and the sayde Diacytoni-
 ten, to haue lyttell or no splices in it. And for my
 parte, beinge of a cholerike humour myxt with
 fleume, many yeres continually in crudite, I ha-
 uer found any thinge better than fyne Reubarbe,
chewed with raysons of cozens, whiche I toke by
 the counsayle of the worshypfull and well lerned
 phisition, maister Doctour Augustine, who in
 his maners declareth the gentylnesse of his aunc-
 ient bloudde, whiche medicyne I do not leaue
 to vse dayely fastynge, whan I sele suche crudite
 to begynne. Also syrope acetose, that is to say,
 sugar sodden in pure byneger, and lyttell water,
 vntyll it be thycke as a syrope, is sometyme con-
 uenient, and that as well to choleryke personnes,
 as vnto fleumatycke: and yf fleume be aboun-
 dant, than with rootes and sedes of fenelle and
 versely sodden with it. Also in that case Orymel,
 that is to saye, hony and water sodden togyther,
 with the sayde rootes and sedes, and a quanticie
 of byneger put thereto in the boylinge, is very
 commendable, yf the pacient be very costiue, than
 the medicin of Galene, called Hieraplera, frome
 halfe an ounce to an ounce, taken in water of ho-
 ny or ale, or taken in pylles the weyght of a grote
 and

Rubarbe.

How to make
Syrope Acetose

To make
Orymel.

To purge

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and a halfe, or two grotes, yf the stufse be good, wyll purge the bodye sufficently, without ma-
kyng the body weaker. Also that medicyne by
clensinge the stomake and body, deliuereth a man
and woman, fro me many peryllous syckenesses.
If the humours in the stomake be not putrified,
but that it is greued with aboundaunce of salte
fleume, I haue founde that mylke newe mylked,
wherin is put a quantitie of good hony or suger,
and thre leaues of good speare myntes, and a
lyttell boyled, so beyng drunke warme fastynge,
the quantitie of a pynte, and restynge on it, with-
out eatynge or drynkyng any other thyng the
space of thre houres after, haue abundantly pur-
ged and conforted the stomake, but where there
is no fleume, but only choler, it is not so holsome,
but rather hurteth, making fumosities in the hed,
wherof commeth head ache.

¶ Of destillations called commonly Rewmes, and of
some remedies agaynst them ryght
necessarry. Cap. 2.

For as moche as at this present tyme in this
realme of England, there is not any one more
annoyaunce to the helth of mans body, than destil-
lations from the head called rewmes, I wyll not
let to wryte somewhat of them, wherby men may
take benefite, if they wyll: although some phisi-
cions, more consydering their market than their du-
tye to God and their countrey, wyll be neuer so
moch offended with myne honest enterprise.

Destillati-

Destyllation is a droppynge downe of a lyquide mater out of the head, and fallynge eyther in to the mouth, or in to the nosethrilles, or in to the eyes, and sometime into the chekes and eares, that whiche falleth in to the mouthe, is receyued of the throte in to that parte whiche is the instrument of the voice, which at the first maketh hoarsesse, and in processe of tyme maketh the voice littell, and vneth to be harde. And if the reume be sharpe, it rasith the inner skyn of the throte, and sometime it doth exulcerate the lunges. If it doth fall into the stomake, the rewme beinge colde, it altereth the body in to a cold distemprance, if it be hot it maketh a hot distemperature, and dothe sometyme exulcerate in processe of tyme: And at the begynnyng abateth appetite, and maketh feble concoction. The cold reume maketh concoction slowe, and also crudytie, and ingendreth sowe fumes in the mouthe. If it be corrupted, it tourmeth also nourishment vnto corruption, whiche maketh vppradinges furnishe or sharp, or of som pli qualitie, whiche can not be expressed. If the mater do discende lower, it tormenteth the guttes called Ieiunum, and colon, and toucheth other vesselles, from whence procedeth digestion. In this distracry two thynges are to be prouyded for; fyrist to lette that the reume do not destyll in to the sayde places, or if it hath done, that it be shortly expelled from thense. Fyrist to lette that it shall not destyll, it shal be necessary to eate some meate the soner in the morning, if there hath not preceded repletion.

Wher

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Cwhere the temperature of all the body is colerike, and the stomake is weake, the stomake wold be made stronge with suche thynges as of theyr property do confort the stomake: for seene that they be moderately cold and moist: And that whiche is all redy fallen into the stomake, must be expelled with vompt or siege, prouoked with worm wode stepid all one day and a nyght in a lyttell small white wyne, or small ale and stale, whiche hath vertue onely to wyppe away the filthe from the stomake, but if it be souked depe in to the filth of the stomake, than is it better to take the medycyne called Hierapica, either in poulder with drinke warmyd, or els in pylles, to the number of syue or mo in the mornynge. vi. houres before any other meate or drinke taken: afterwarde to wypnt the mouche of the stomachke with oyle of Mastyke or Patdinium temperately warme. Alway if a hotte cevme do fall in to a hotte stomake, than meates and drynkes whiche be colde in vertue wold only be vsed. where the stomachke is distempred with heat, and the reume destilleth into a cold, hev there is the discracy harde to be cured: And they whiche be so affecte, or diseased, must take suche thynges as may dissolve the fleume and clense the stomak without heatinge therof, of the whiche vertue we knowe oxygnell to be of.

C If the stomake and head be bothe distempred with cold, than must be vsed meates drynkes and oyntmentes, whiche onely be hotte, and vterly to forbeare all that is colde.

A singuler confort
for the Conforting
the stomake. If it
be distempred by —
Chromat. & to avoid
the cause & y^e
pracie cure.

By

By these distillatiōs or reumes hapneth many other greuouse diseases, besydes those wherof I haue spoke, as in the hed whyzlinges, called in latyn Vertigines, sodayne soundynges, fallynge sycnesse, polis, stynkyng of the nose, callyd Polypus, sores in the mouthe, tothe ache, pynne and webe in the eyes, dulnesse of heringe, quynces, frettinge of the bowelles with flixes, shorthenesse of brethe, griefe in the harte, palseyes, ache in the muscules and ioyntes, wherfoze it is not to be neglected. And I doo moche meruayle, that our phisitions do not more studiousely prouyde therfore reme- dies. I my selfe was by the space of fourre yeres continually in this discrasy, and was counsayled by dyuers phisitions, to kepe my hed warme, and to vse Diatrion piperion, & such other hot thinges as I haue rehersed, at the last felynge my selfe very feeble, and lackinge appetite and slepe, as I hap- ned to reade the boke of Galene De temperamentis, whiche treatith De inaequali temperatura, and after- warde the. vi. boke, De tuenda sanitate, I perceyued that I had ben longe in an errore. wherfoze first I dyd throwe away my quylted cappe, and my o- ther close bonettes, and onely dyd lye in a thynne coyfe, whiche I haue euer sens vsed both wynter and somer, and ware a light bonet of veluet only, than made Jorymel after the doctrine of Galen, sauynge that I boyled in the vyneger rootes of persely and fenell, with endyue, cichory and, betayne, and after that I hadde taken it thre dayes continuallly, euery day thre sponesful in the mor- nyng

Cxim. K mē
māle.

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nyngge warme: than toke I of the same oymell,
wherin I had infused or steapid one dramme of
Agaryke, and halfe a dramme of fyne Reubarbe,
the space of. iii. dages and. iii. nyghtes. whiche I
receyued in the mornynge, eatynge noo meate
vi. houres after, and that but a lyttell brothe of a
boyled henne, wherof ensuyd. viii. boles abun-
dant of choler and fleume: soone after I slepte
soundly, and had good appetite to eate, after sup-
per I wolde eyther eate a fewe colyander sedes
prepared or swalowe downe a litel fyne mastyr, &
forbeare wyne, and dranke only ale, and that but
lytell and stale, and also warmed. And sometyme
in the morninge woulde take a perfume of Storax
calamita, and now and than I wolde put in to my
nosehilles eyther a leafe of grene laurell or be-
taine, or water of maizrame bruised, which caused
the humour to distill by my nosehilles. And if
I lacked storax, I toke for a perfume the ryndes
of olde rosemary and burned them, and held my
mouth ouer the fume closynge myne eyes, after-
warde to comfort my stomake and make it strong
sometyme I wold eate with my meat a litel white
pepper grosse brysed, sometyme Galenis electua-
ry made of the iuice of quinces, called Diacytonites,
sometyme marmalade of quynces, or a quynce ro-
sted. And by this diete I thanke almighty god
vnto whome onely be gyuen all glori, I was re-
duced to a better state in my stomacke and head,
than I was. xvi. yeres before, as it maye appere
vnto them, whiche haue longe knownen me. And
this

To purg
cunnes by the
Losdrills

this haue I not written for baynglorye or of presumption, but to the intent that they whiche haue their bodies in lyke temperature as myne was, that is to saye, beyng choleryke of complexion, and hauynge reumes fallynge out of a hote head, may if they liste assay myne experiance, or in the stede of my sayd infusion, take Hierapicra, with ale or water to purge them, wherof shall not ensue somoche perile, as of corrupted siropes, & other confectiones called Magistrales, made with olde rotten drugges, though the phisitions be neuer so well lerned. In bodyes of other temperature, I wold not that myne experiance shulde be practised but with discretion, tempyng the medicyne, as the qualities of the stomake and head do requyre, remembryng alway, that hote reumes by thyn and subtell, colde reumes be for the more parte thicke. Also that they which be thyn wold be made thicke, that they perce not to fast. And that they whiche be thycke, wolde be made thynne that they maye the sooner be purged, by what tokens one maye knowe whether the stomake and head be hote or cold. Finally this dare I affirme, that the reumes which of late tyme haue ben more frequent in this realm, than they were wont to be. xl. yeres passed, haue hapned of none occasion more than of banckettinges after souper & drynking moch, specially wyne a lyttell afore slepe. An other thinge is the kepyng the head to hote or to long couered wherby the brayne whiche is naturally cold is distempered with hote vapours ascendynge from the sto-

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make those same vapours beinge lette to euap-
rate or passe forth out of the head, and therfore be
concrete or gathered into humour superflououse,
whiche stilleth downe eftsones out of the head in
to the places before rehersed. Yet now a dayes if a
boye of. vii. yeres age, or a yonge man of. xx. yeres
haue not two cappes on his hed, he and his fren-
des wil thynke that he may not continue in helth.
And yet if the inner cappe be not of veluet or sa-
tyn, a seruinge man feareth to lose his credence. ¶
persones vicare or parische preste, by vsynge their
veluet cappes embrowdred with laces, do make
some men thynke that they be ashampyd of theyz
crounes that reuerend tokē of the order of preest-
hode, the whiche notable abuse, I moch meruayle
that the byshoppes wyl suffer, specially they whi-
che haue hadde leasour to reade the warkes of
saynt Cypriane, saynt Hierome, Chisostomus,
saynt Ambrose, a sundry decrees made by the olde
fathers, cōcerninge the honest vesture of preestes,
whiche althoughe it semeth a lyght matter to some
men, yet it augmenteth or minisheth not a lytel in
preestes, the estimation of their conditions. Salo-
mon confirming the same, saying. The garnēt, þ
gate, and lawghter of a man declarith what he is,
but this mater wil I leue to a nother place where
I intend to speake more abundantly of it, if it be
not the sooner amended. Nowe to conclude, as
longe as the sayde occasions continue, so longe
men shall not be without reumes, although they
were all perfite phisitions.

Rowe

Now to retourne to the remedies agaynst the
sayde anoyaunce wherof hapheth so many great
sycknesses, I wyll be bolde to wryte a lytell out of
the warkes of the moste famouse and expert phi-
sitions. Fyrst the cause of the reume must be di-
gested, after expulſed, thirdly diuerted, that is to
lay, tourned from the eyen or throte, into the nose
from whence it may be more easily purged, fourth-
ly it may be stopped, that it shall not destyll. In
hote destillations the head is very hot in felinge,
the reume being in the mouth is thyn and warme,
the tongue or chekes within blistered, the face som-
tyme redder than it is accustomed to be, somtyme
a burninge within the nose. To them whiche haue
this hote reume, may be gyuen the sede of white
popy. Diacodion made of the heddes of white popy
and rayne water. Amylam with mylke, if there be
no feuer, penidees, malowes, orage, gourdes, and
spinage, boyled and eaten with oyle of almondes,
srope of violettes, nemphar or the wine of swete
pomegarnates, the waters of a great Cucumber,
boyled with a lyttell sugar, beinge drunke, dothe
mitigate coler, stoppeth the reume, and easily lou-
sith the bely, the sedes of melons brayed in a mor-
ter with water, and strained with softe breaude ha-
uyng sugar put to it, maketh an excellent good
meate agaynst the hot reumes, playsters made of
barly bruySED, violettes, popy, and camomyl boy-
led in water, wherin spounges or linen clothes be-
inge dept, shulde be layd on y hed, & the genitores
or legges therwith washed. If the sick man can not

THE FORTHE

Sleape, than the sayde patten with the bealy and fundement shall be noynted with the oyles of violets and *Nemiphar*, the sauour of Camphar in rosewater with vvollettes is good in that case. Galen exhorteth and I haue proued, that in a very hote reume whiche hath stilled faste, the powryng of cold water in vpon ones head hath stinched the reume. He that is therin diseased must exchewe goinge in the sonne, or to come nigh a gret fyre, or to stande or be longe couered, or to were moche on his hed, he must rest moch and prouoke him selfe to slepe a nyght, but not very longe and to lye on the one syde on a harde bedde, hauynge his head hygh, also rubbyng of his legges before meale is very holsome. Cold reumes be perceyued by coldnesse of the humour and head with palenesse of the vsage, all colde thynges increasinge the rewme. These thinges are good agenst it, the decoction of cicer with honye and raysons, fylberd nuttes tosted eaten after meales, nothing is more holsome than abstinence, specially in the euenyng, they whiche haue it must beware of Northern windes, the monehine by nyght, washinge in cold water, and to be long bareheded. The sedes of *Rigella* a lyttell tosted and putte in to a pyece of thynne saccenet and smelled vnto, stoppeth the reumes.

cod for y^e
Reumes.

Comesyng in the begynnyng of the reume is dispayled of Galen, but after that the matter is dygested it is very holsome that maye be made with leaues of laurel or betayne put into the nose thrilles

thylls, the iuyce of coleworthes, the rootes of red
beetes, water of Maizame. A pretie medycine for
that purpoise proued. The iuyce of yonge betes
and Maizame of eueriche one ounce, good whit
wyne. iiiii. ounces, saffrone the weight of ii. pence,
that beinge hette and taken in the mouth, shalbe
drawen vp with bretch to the place wherby the de-
stillation falleth out of the nose in to the mouthe.
And if the reume do destill in to the cheekes and
teeth, I haue proued that the iuice of ground iuy,
and that herbe whiche we call Mousie eare, taken
within a quyll in to the nose ^{thylls}, oftentimes
purgeth exceedingly the reume and taketh away
the ache of the teethe.

Gargarising if it be not discretly vsed, may do
more harme than good, brynging downe moche a-
bundance of mater vndigested, but taken in or-
der with water hony and pepper, or with Isole
and fygges boyled in white wyne, and taken very
hote in a gargarise is right conuenient.

For compassion whiche I haue of them that be
 vexed with toothache caused of reumes, I wyll
 by the leaue of phisitions conclude this chapter
 with an excellēt medicinē against the said passion,
 whiche is witten of an honorabile phisition of late
 yeres, which medicinē also maketh teethe fast whi-
 che be louse, and also stoppeth the superflououse
 bledinge of goumes, wherwith the bretch is made
 vnsaueri: Take the rindes of Caper rotes, y rotes
of brembles whiche do beare blacke beryes, the
floures

*for y^e tooth
ache.*

THE FORTHE

Cloutes of pomegranates callyd Balastia, of euery
of theym, the weyght of ii. ducates, pelytoxy of
Spayn one ducate, sede of white henbane, the rin-
des of mandrage of euery of the one ducate and
a half, spourge of the garden one handful, alumine
of the roke, ii. ducates, boyle all this in whit wine
or clarette, which is very rowgh in tast, & strayne
it therwith, let the pacient oftentimes washe his
mouthe. Albeit I will counsayle them which will
take this medicine or any other, fyrete to pouurge
þ cause of þ reume as before is rehersed, or in any
other wyse, as they shal be counsayled by well ler-
ned and discrete phisitions.

¶ Of Lassitude. Cap. 3.

Lassitude is a disposition towarde syckenesse,
wherin a man feleth a soozenesse, a swellinge
or an inflammation. Soozenesse hapneth of hu-
mours sharpe and gnawing, as after great exer-
cise and labours, whiche lassitude happeneth to
them, whose bodies are full of yll iuyce and excre-
mentes. Also after crudite in them, which are not
exercised, or doo abyde longe in the heate of the
sonne. It may also be in the body, wherin is good
iuyce, if he be fatigate with immoderate exercise.
In them, whiche do fele this lassitude, the skinne
appereþ thicke and rough, & there is felt a grefe
somyne in the skynne onely, somtyme also in the
fleshe, as it were of a soore. The cure therof, is
by moche and pleasant rubbinge, with sweete oy-
leg, whiche haue not the vertue to restrayne or
close

Actu. li. 3.

Galen. de
ciuenda sa
ni. lib. 5.

close, and that with many handes, and afterward to exercise moderately, and to be bayned in water swete and temperate in heate. also than muste be gyuen meates of good iuyce, potage but selde, wyne is not to be forboden. for vnto wyne vneth any thynge may be compared, that so well dygesteth crude humours. it also prouoketh sweatte & vrine, and maketh one to slepe soundly. but if this lassitude do abyde the nyght and day folowinge, or waxeth more and more, than if the paciente be of good strength and yonge, and hath abundance of bloude, let hym be let bloud, or prouoke the hemoroides or piles to blede, if they do appere. But yf it procede of the malyce of any humour, without abundance of bloud, than resort to purgatiōs apte for the humour that greeueth. The tokenes wherof, shall appere as well by the colour of the skynne and diete precedyng, as by vrine, ordure, sweatte, thirste, and appetite, as it is rehersed before in the complexions. If the yll bloudde be lytell in quantitie, and the crude humours abundant, than shal he not be let bloud, nor vehemently purged, neyther shall exercyse or moue hym self, nor be bayned. for all exercise carieth humors throughout al the body, and stoppith the powers. wherfore these maner of persons shulde be kept in rest, and such meates dynkes and medicines shuld be gyuen to them, whiche shulde attenuate or dissolve the grossenes of the humors, without notable heate, as oxymell, barley water, & mulse, if the pacient abhorre not hony. And for as moch

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as in the sayde personnes, commonly there is abundance of wynde about their stomaches. therfore pepper, specyallye longe pepper, or whyte, is very conuenient to be vsed, and the medicine before writen, called Diaspolitum. Whan the humors are dissolued, tha is it good to dynke white wine, or small clarette wyne moderately.

¶ Lassitude extensie. Cap. 4.

VWhan one thynketh that he doth fele a swel-
lynge or bollynge of the bodye, wher in dede
there dothe not appere in syght or touchynge any
swellynge, that is callyd Lassitude extensie, if it
hapneth without exercise or vehement mouynge.
This doth happen of excessiue multitude of hu-
mors, which do extende the muscules or syllettes.
In this no sozenes is felt, but onely an heuynesse
with extention or thrustinge out of the body. And
bycause that there is abundance of bloude in the
body, best remedy is to be letten bloude about the
elbowe or ancle, after to be purged, than to vse
softe fricasyes with oyles afore rehersed, after-
ward moche rest and temperate bathes, and mea-
tes lackingyng sharpnes, and being abstensiue.

¶ Lassitude with the feelynge of inflam-
mation. Capitulo. 5.

If withoute any mouynge, the muscules and
fleshe rise vp in the bodye, as it swelled, with
great peynes and exceedinge heate, than sone after
foloweth most hottest feuers, except it be preuen-
ted

ted by letting of blud, and that in abundance, and almost to sowninge, but it were moze sure to be let bloud twylse in one daye, the firste tyme withoute sownyng, at the next tyme sownyng is not to be fered. If the grefe be in the neck or hed, the bloud must be lette of the bayne called Cephalea, or the shulder beyne. If it be in the bulke or uppermost part of the body, than must the beyne be cut, whiche is callyd Basilica, or the innermost beyne. If all the body be greued, tha cut the beyn, which is named Mediana, or the myddel beyn. If a feuer remayne after bloud letting, than order him with the diete of them that haue feuers, which ye shall fynde written hereafter. If noo feuer remayne, than vse moderate fricasies, and lyttell eatyng, & that of meates hauyng good iuyce, increacyng by lyttell and lyttell to the naturall diete.

¶ Diete of them that are redy to falle into syckenesse. Capitulo. 6.

Nowe retourne estesones to speake of diete, Nit is to be remembred, that they, whiche are redy to fall into diseases, they are prepared therunto, either by repletion of superfluous humors, or els by crudite or malyce of humours, which ar in them. As touchyng the fyft, the generall diete must be such, as therby the humours may be attenuate, and by conuenient euacuation, brought to a moderate quantitie. As for the seconde muste be corrected with meates and drynkes of contrarie qualities, hauinge alway respecte to the age of

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the person, tyme of the yere, place of habitation, and most spesyally the vniuersall complexion. for choler offendynge in an olde manne, in wynter tyme, in a colde countreye, or the persone beinge of his naturall complexion fleumatike or melancoly, wolde not be so habudantly expulsed or subdewed, as if it be in one yong and lusty, in the hot sommer, in the countreys, where the sonne feruently burneth, or the persone of his p_roper nature is verye colerike. And in lykewise contrarye. Wherefore euery manne, knowynge his owne naturall complexion, with the qualitie of the humour that offendeth, lette hym make temperance his chiefe coke, and remembryng that whiche I haue before declared, ordayne to hym selfe suche diete, as may refourme the offence with none or lyttell annoyance, to his vniuersal complexion. And yf he can so do, he shal happily escape, not only diuers sykenesses, but also the most pernicious danger, proceeding of corrupted drouges or splices, wherof som couetous poticaries do make medicines, au gre the hedes of good and well lerned phisitions.

¶ Sickenes moste commune to particular tymes
of the yere and ages. Cap. 7.

ALthoughe I do not intende to w_rite of the cure of egritudes or sykenesses confyrmēd, as well bycause it moughte be reputed in me a great presumption, as also forasmochē as it were very perillous, to dyuulgate that noble scyence, to commune people, not lerned in lyberall sciencēs.

ces and philosophy, which be requyzed to be suffi-
ciently in a phisition. And mozeouer, many bokes
of Hipocrates and Galene ought to be radde, be-
fore that one do take vpon hym the generall cure
of mennes bodies: yet not withstandinge, I trust
I maye without any note of arrogauice wryte,
what diseases do most commonly happen in sun-
dry tyme of the yere and ages of men and wo-
men, with some significations, wherby the dys-
crasy or distemperature of the body is perceyued,
to the intent that the phisition beinge farre of, may
be treuly informed, consideryng that brines farre
caried, do often deceyue them, and lykewise lack
of the syght of the paciēt, and inquisition of thin-
ges, whiche do precede or folow the sycknes. And
with this I trust none honest and charitable phi-
sition wylle be offendēd, but rather gyue to me
thankes for my dilygence, in the aduauncinge of
their estimation, whiche by lacke of perfytte in-
struction hath ben appaired.

¶ Syckenesses of Springe tyme.

¶ Diseases procedyng of melancolye, as mad-
nesse, fallynge syckenesse, bleedynge, quynces,
poses, hooſenes, coughes, lep̄tes, scabbes, ache
in the ioyntes.

¶ Syckenesses of Sommer.

¶ Many of the sayde diseases, also feuers con-
tinual, hot feuers, feuers terciane, quartains, vo-
mytes, flyres, watringe of eies, peynes of the ea-
res, blisters & sores of the mouth & sweatinges.

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¶ Syckenesses of Autumne.

¶ Dyuers of somer syckenesses, also oppilations of the splene, dropsies, consumptions, strangulynge, costiuenesse, ache in the huckle bones, shorthenesse of wynde, frettynge of the bowelles, fallyng sycknes, and melancholyke diseases.

¶ Syckenesses of wynter.

¶ Stytches and grefes in the sides, inflammation of the lunges, reumes, coughes, peynes in the brest, sydes, and loynes, head ache, and palseyes.

¶ Syckenesses happenyng to children.

¶ Whan they be newe borne, there do happen to them sores of the mouth called Aphte, vomityng, coughes, watchinge, fearefulnesse, inflamations of the nauell, moysture of the eares.

¶ Whan they b̄ede tethe, ytchinge of the gumes, feuers, crampes, and laskes.

¶ Whan they ware elder, than be they greued with kernelles, opennesse of the mould of y head, Shorthenesse of wynde, the stone of the bladder, wōrines of the bealy, waters, swellynges vnder the chynne, and in Englande cōmonly purpys, meaſels, and ſmall pockes.

¶ Syckenesse happeninge to yonge men

from. xiiii. yeres of age

¶ Feuers cotidiane, terciane, quarteyne, hotte feuers, spittyng or vomytinge of bloude, pleuries, diseases of the sydes, inflammation of the lunges, lethargies, fransy, hote syckenesses, cholericke passions, costiuenes or behement laskes.

Sycke-

¶ Syckenesses of age.

Difficultie of b̄eth, reumes with coughes, strangulyon, and difficultie in pyssyng, ache in the ioyntes, diseases of the raynes, swymmynges in the head, palseyes, ytchyng of all the bodye, lacke of slepe, moysture in the eyes and eares, dulnesse of syght, hardnesse of hearynge, tisiknesse or shor̄tnesse of b̄eth.

Although many of the said syckenesses do happen in euery tyme and age: yet because they be most frequent in the sayde tymes & ages, I haue written them, to thintēt, that in the ages & tymes moste inclyned vnto them, such thinges in ought be than eschewed, which are aptte to engendre the sayde dyseases.

¶ The generall significations and tokenes
of syckeness. Cap. 8.

If the body be hotter, colder, moyster, dryer, leaner, fuller, the colour more pale, or swart, the eyes more holowe, than is accustomed to be, it signifieth that the body is disposed to sicknes, or alredy sick.

The brayn sick. Diff-

Rauynge.	Humours comynyng frome rouse of the mouthe, the eyes, the nose, or the eares.
Forgetfulnesse.	
Fantasye.	
Watche.	
Slepe,	

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The harte sycke.	Difficultie of breath.
	Tremblyng of the hert.
	Beatynge of the pulse.
	Feuers.
	Colde.
	Diuersitie of colours.
The lyuer sycke.	Griefe about the hart.
	Lacke or abounding of humours.
	The forme of þy body altered.
	Palenesse.
	Concoction.
	Digestion.
The stomake sick.	Alteration of excrementes accustomed.
	Peyne in the place of þy lyuer.
	Swellyng.
	Difficultie of b̄eth.
	Concoction, slow or quicke.
	Appetite of moist or dry, dul or quicke.
	Separation of excrementes moist or hard with their colours.
	Yexynge. Belkyng.
	Gometyng with peyne and difficultie of b̄eth.
	Urine moch or litel with the colour and substance, to red or to pale, to thick or to thin.
	Diffi-

Difficultie of brest.
Cowghe.
Spytinge,
Peyne in the brest.

Chise haue I written, not to gyue iudgement
 therby, but onely for the pacient to haue in a re-
 dynesse, to thintent that what so euer he feleth or
 perceyueth in euery of the sayde thynges, therof
 to instructe his phisition, wherunto he maye ad-
 apt his counsayle and remedies.

¶ Of vrines. Cap. 9.

Forasmoch as now a dayes the most common
 iudgement in syckenesse is by brynes, whiche
 beyng farre caried or moche meued, or standinge
 longe after that it is made, the fourme therof is
 so altered, that the phisition shal not perfyctly per-
 ceyue the natural colour, nor contentes, although
 it be neuer so well chaufed at the fyre, as Actua-
 riis and other great lerned men do affirme. I wil
 therfore somewhat speake of brines, not so moche
 as a phisition knoweth, but as moche as is ne-
 cessary to every man, for to perceyue the place and
 cause of his griefe, wherby he maye the better in-
 structe the Phisition.

Clyrst in brine, foure thinges are to be consy-
 dered, that is to saye, the substaunce, the colour,
 the regions or partes of the bryne, and the conten-
 tes or thynges therin conteyned.

Calso forasmoch as in the body of man be foure
 qualities

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qualities, heate, colde, moysture, and dryth, two of them, heate and cold, are causes of the colour, dryth and moysture are causes of the substance.

CMozeouer in vrine, being in a vessell apt ther unto to be sene, are the regiōs. The lowest regiō in the bottome of the vrynall, conteynynge the space of two syngers or lyttell moze. The myddel region, from whence the lowest ended, unto the cerkle. The hyghest region is the cerkle.

CThe hyghnesse of the colour signifieth heate: the pale, blacke or grene, signifieth colde.

CAlso the grossenes or thickenesse of the vryne sygnifyeth moysture, the clerenes or thynnes, signifieth drythe.

¶ The colours of vries.

CColour of bryght golde. { Perfyte digestion.
Colour of gylte. { Gestione.

Red as a red apple or chery.

Base redde, lyke to bole ar- { Excesse of
menake, or saffron dry. { digestion.

Redde glowynge lyke fyre.

Colour of a beastes lyuer.

Colour of darke red wine. { Aduision of
Grene lyke to colewothes. { humours.

Leaddy colour. { Feblenes or mortification of

Blacke as ynke. { nature, excepte it be in pur-

Blacke as horne. { ging of melancoly.

white

Whyte clere as water.
Gray as a horne.
Whyte as whay.
Colour of a camels heare.

Pale lyke to brothe
of fleshe sodden.

Citrine colour or yelowe,
Subcitrine or paler.

Whyte and thynne betokeneth melancolye to
haue dominion.
Whyte and thycke, signifieth fleume.
Redde and thycke betokeneth sanguine.
Redde and thynne betokeneth the choler to haue
the souerayntie.

¶ The substance of the vrine. Cap. 10.

AT the fyſt piffynge, all vrines well nigh do
appere thyn, as longe as they abide warine.
for natural heate, during the tyme that it pieuay-
leth, suffreth not that the lycour, which is the sub-
ſtance of the vrine, to congele or be thycke for any
occasion: but after that heate is gone, some vry-
nes shortly, some a longer time after, ware thick.
Lykewile ſomtime, ſome ar piffed thicker, and af-
ter ware clere, ſome remayne ſtylle as they were
made, ſome be metely thycke, as they were trou-
bled, ſome very thick and groſſe. They that ware
clere, ſome do gather that, which is thycke into the
bottome of the vrinal: ſome remayn troubled, the
groſſenes notwithstandinge gathered in the bot-
tome

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rome. Semblably the diuersitie of thyn or subtyl
brines, must be perceyued, that is to say, that som
are very subtyll as water, some lasse subtyll, some
in a meane betwene thicke and thinne.

COf thynges conteyned in the brine, some doo
discende downe to the bottome, and be called in a
greke wozde Hypostasis, in englyssh the some calle it
the groundes, some the resydence, whiche if it be
whyte, lyght, risyng vp from the bottome of the
brinall, lyke a peare, it sygnifieth helth, if it be of
any other sygure or colour, it betokeneth some a-
noyance. If lyke thynges be sene in the myddell
of the brinall, they be called sublations, yf they
approche vnto the hyghest region of the bryne,
they be named cloudes, in latin Nebule. The grou-
des or residences not perfite, some is lyke lyttelle
redde vetches, and is callyd in latyn Oroba, some
is lyke to bran of wheat grounde, and seuered
from the meale, and is called branry residence, in
latyn Furfurea. some be lyke vnto plates, hauyng
bredth and length without thycknes, and may be
named platy resydence, in latyne Lamina, some is
lyke to meale, wheate, or barley, and may be na-
med mealy residence, in latyn Similacea.

CThere is also seene in the bryne lyke to whyte
heares, some lengar, some shorter. sometime like to
ragges somewhat red. there is also sene in the vp-
permoste parte of the brine, sometyme a some or
froth, somtyme belles or bobles. sometyme there
swymmeth in the brine a thinge like a copwebbe,
otherwhise ther is about the cercle, as it were the

ren-

rentynge of clothe, somtyme there is in the vrine lyke notes of the sonne, somtyme lyke the matter of a soze, otherwhile lyke the sede of a man. also grauelle or sande. And in these thynges maye be dyuers colours, some whyte, some red, some betwene bothe, some yelow, some graye, and some blacke. All this muste be diligently marked, and therof seperatly to aduertise the Phisition, vnto whome I referrre the iudgement of the syckenes, for the cause afoze rehersed, and for as moche as the iudgement of them is very subtyll.

CSeimblably of ordure, whynther it be very thin or very thicke: what other matter yssueth out with it, what colour it is of, the sauour very great, lytell or none, if it were easly expulsed, or peynefull, how oft or how seldome.

CMozeouer of sweat, what colour it is of, and of what sauour, if in tastinge it be salt, sowze, bitter, or vnsauery.

CAlso the vomyte, yf it be of one colour or many, if it doo smell horribly, of what humoure it had most aboundinge, yf it were fastinge, or after meales, if it were peynefull or easie.

CLykewise spettel, whether it be thycke or thin, or myxt with bloude, or matter corrupt accordynghly of the humour issuyng out at the nose, and if that be bloude, than whynther it be red, watter, or blacke.

CMozeouer, it maye not be forgotten, to aduertise the Phisition of the diete vsed by the pacient, aswell afoze the syckenesse, as in the tyme of the

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Syckenesse, his age, the strength of his body, his exercys, and place, where he lengest abode in his yowth, whether it were hye or lowe, watry or dry, hotte or colde.

Chis I trust shall be sufficient, to instructe a phisition: he that desyreteth to know moze particulerly hereof, let him rede the bokes of Hippocrates Galene, Cornelius Celsus, Actuarius, Paulus, and dyuers other late wryters, for this lytell trea
tysse maye not receyue it.

The preceptes of the auncient phisition Diocles
vnto kyng Antigonus. Cap. II.

Vñe wyll nowe diuide the body of man in to foure partes, the head, the boulke, called in latyn *thorax*, whiche conteyneth the brest, the sides, the stomake, and entrayles. The bely, called in latyn *venter*, conteyneth the panche and the bowels. Also the bladder, called in latyn *vesica*, in the whiche name is also conteyned the cundytes, by the whiche vrine passeth. Whan any dysease approcheth to the head, these tokenes do commonly pre
cede, swymmyng in the head, head ache, heunes
of the browes, soundyng in the eares, pricktyn
ges in the temples, the eyes in the mornynge do
water, or ware dymme, the sinellynge is dulle, y
gummies do swelle. Whan thou selest suche to
kens, forthwith pourge the head with somewhat,
not with vehement medicines, but takinge *Isope*
or *Organum*, and the croppes of them boyle with
whyte or claret wyne halfe a pynte, and therwith
gar-

gargarise your mouth fastinge, bntyll the fleume
be purged oute of youre head, this is the easiest
medicine in discrasies of the head. It is also very
holosome to gargarise the mouth and brest with
hony water, wherinto mustarde is put and myn-
gled, but firste the head must be rubbed with a
warne clothe, that the fleume maye easly come
out of the head. And if these tokens be neglected,
these maner of syckenesses do folowe sone after,
bleared eyes, a humour lettynge þ sight, cleftes in
the eares, swellinges in the neck ful of matter, cal-
led the kinges eyll, corruptiō of the brain, posse,
or reuines, heuynes of the hed, and tooth ache.

Whan the bulke is lyke to suffer any syckenes,
it is perceyued by these tokens, all the body is in
a sweatte, the bulke most specially, the tunge wa-
xeth thycke, the spettyll is eyther salt or bytter, or
choleryke, the sydes and shoulders do ake with-
out any occasion, the pacient gapeth often, also
there dothe happen moche wakynge, suffocati-
ons or lacke of bretch, thirste after slepe, the mynd
is vexed with heuynesse, also the brest and armes
are verye colde, and the handes doo tremble.

Agaynst these thynges this remedy maye be pro-
uyded. After a moderate soupper, assaye to vo-
mite withoute any medicyne: vomite is also pro-
fytable, whiche meate dothe folowe: He that in
suche wyse will vomite, let him eate hastly small
radys she rootes, towkersis, rokatte, synuy, or
purslane, and dynke after it a greate quantite
of warne water, and prouoke hym selfe to vo-
myte.

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nyte. He that setteth lyttell by the sayde tokens, lette hym feare these syckenesses folowyng, the pleuresie, the sickenes of the lunges, melancolye or madnes, sharpe feuers, the transye, the letargie, inflammation with yeringe.

If any syckenesse be towarde the bealye, they maye be espied by these tokens, the bealy is fysshe wrapped together, and in it selfe is troubled, all meates and dynkes do seeme bytter in tast, he feleth heuynesse in his knees, a styffenes in his loynes, a weariness in all his body without any occasion, a sleynesse in his legges, with a lyttell feuer, whan thou sealeste these tokens, mollyfie the bealy, not with medycyne, but with good order of diete, for it is best and most sure, to vse those thinges, wherof lyghtly may ensue none annoyance, in the number of them are betes boyled in water of hony, garlike sodden, malowes, sozel, mercury, and all thinges condite in hony. All these do expel the ordure of the bely: but if any of the said signes do the moze & moze increase, the lyquour, wherein the sede of *Carthamus*, callyd also *Cnicus*, is boyled, is a plesant & sure medicin. smal colewoxtes boyled in a good quantitie of water, the licour therof in measure. ii. pintes, sauyng the third parte of a pint, with hony & salt being drunken, shall profite moch. *Cicer*, & the pulse callid in latin *cruum*, in englishe I suppose chittes) in water drunk fasting, hath the same effect. To them, which set lyttell by the said tokens, these diseases do sodenly happen, flure of the bealy, bluddy ure, syppernes of the bowels

bowels, pesses in the guts, ache in huckle bones, the feuer tertiane, the gowte, the apoplexie or palsey in the lymmes, hemoroides, akinge of ioyntes. **C**xwhan the bladder is towarde any sickenes, it is perceyued by these tokens, fulnesse felt after lytell meat, brekinge wynde downewarde and upwarde, palenesse of colour in all the body, heuy or troublous sleapes, the bryne pale, and passyng forth peynefullly, swellynges about the coddes & priuy members. whan these tokens appere, than is it expediet to haue remedy of odoriferous thinges, whiche do expell vrine, whiche shall be done without any peryll with the rotes of fenell & per-
sely stieped one or two dayes in good white wyne, and to drinke therof fastinge euery morning thre ounces and two drāmes, with the water of wilde carettes, or elycampane, which of these is next at hande, euery of them haue lyke effect. Also water wherin the peasyn callyd in latyne Ciceres, are stieped, beyng drunke with wyne, is lyke commodiouse: he that neglecteth the sayde tokens, let him loke for these syckenesses folowyng, the dropsy, the greatness of the splene, griefe in the lyuer, the stone, ache of the backe, or peynes in the raynes, the difficultie of vrine, fulnesse of the bely. In all these thinges that we haue spoke of, we shal giue to childre most easy medicines, to men, those whiche be stronger in workinge.

Chis diete of Diocles, although at this tyme it semeth not moste pleasaunt, nor accordyng to the practise nowe vsed, yet beinge tempred with

b that,

*The singular
remedy for
the stone:
to drinke
the bladder*

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that, which I haue before remembred, some thing
may be foude in it, which being experienced, may
be as commodious for the helth of mas body, as
that diete, which is more curyous or pleasant.

Of them in whose stomakes meat is corrupted. Cap. 12.

They in whome customably meate is corrup-
ted, let them afore that they eate any meate,
assay to boynye, drynkyng swete wyne, absteyne
from meate, that ingender botches, inflammati-
ons, fumous ructuations or vapours, and take
suche as nourysh good iuyce, and chose them out
which do mollify the bely, & at sundry tymes take
them. It is also good to take temperatly þ which
lowseth the bely, as the medicine called Picre and
to absteyne from suche thinges, wherby yll iuyce
is gathered, and do ingender syckenesses, harde
to be cured or neuer, as goutes, boneache, pey-
nes of the raynes &c.

Of the vertue of meates. Cap. 13.

Oribasius
de medici-
na simpli.

HE that is studious aboute the conseruati-
on of healthe, he nedeth to knowe the ver-
tue of meates. The meate whiche hath vertue to
extenuate, or make humours subtylle, it openeth
the poores, and bryngeth forthe that whiche is
faste in the flesche, it maketh that whiche is
clammye, subtylle, and doethe extenuate, or
relent that whiche is fatte, it bryngeth forthe that
whiche abideth longe in the bealy, but that whiche
is eaten, is a superfluitie warty and coleryke, and
at

at length maketh melancholyke bloude. Wherefore moche vsinge of them is prohibited speciallye to them, that are coleryke, and only serueth for them that are replete with fleume, crude, or vndigested humours, clammy or fatte. The diete of fattenge thinges, dothe nourishe abundantly, soo that the stomake and lyuer do dygest well: meate of good iuyce, maketh good bloude, but yet it stoppeth the lyuer and spleene. These do they, whiche make fat humours onely, as the poule callyd *Lenticula*, and they that are slymy lyke malowes, some do make fat humours, & be also slymy, as fishes with hard chelles. Fynally the diete, whiche doth extenuate and make leane, is moze sure for kepyng of helth, than that whiche fatteth moch. Nourishinge meates wold be therfore moderately vsed, whan a man perceyuet hym selfe to haue nede therof, it maye be most surely vsed of them that be exercised temperately, and can slepe whan they lyst. They that can not slepe by reason of exercise, lette them eschewe fattenge meates, lette none ydelle persone atteynpte to use theym. In the preseruation of helth, sluggardy is the greatest mischiefe. Lyke as the temperate mouinge is good, so is the meat whiche betwene thycke and thynne, is to mannes helth most conuenient, which engendreth bloude, according to the competent constitution of mans body, & therfore is it to be chiefly vsed. Meate of yll iuyce is alway noyfull, wherefore it ought to be eschewed. Lykewyse the varietie of meates is to be obserued diligently, for it is a great thyng to

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couple wel togither thinges of contrary vertues,
for if they be not well digested, that whiche is receyued,
may bringe displeasure.

¶ A diete preservative in the tyme of pe-
silence. Capitulo. 14.

Marsilius
Ficinus.

The bodies most apte to be infected, are specially sanguine, next colerike, thā fleumatike, laste melancholyke, for in them the humour beinges cold and drye, is most vnapt to receyue putrifaction, hauinge also straute passages, by the which venim must passe. The diet conuenient for þ tyme is to abstain frō metes, inflamming & opening þ pores also from the heat of the sonne, frō to moch heate of fire, or garmentes, from very hot herbes, & moche vse of tart thinges, except onions and cikory, þ radishe with vineger, for they do resist against venim, from wme very fumishe, exercise incontinent after meales, from swetting, from al thingis that wyll cause oppilations & putrifaction, from thinges hot & moist, where moysture hath the dominion in degree, specially beinge not sufficiently boiled: also from milke, except it be in a litel quātite, & that with a litel sugar. Frutis & herbis cold & dry, & therwith soure or somwhat bitter, are not prohibited. If ye eate figges, grapes, or swete cherries, eate after them of an orenge with salt. If ye eate thinges cold & moist, as cucubers, melones, fyfhe soft and fresshe, or damlyns, eate by and by after some fenel, and orenge with salt, drynkynge therwith a draughte of good wyne. Beware of mushe-

musheronys, moch purslane, gourdes, and al other
thinges, whiche wyll sone putrifie: not withstan-
dinge, I wyll not forbyd eatinge of lettyse, with a
fewe myntes, or myrt with cynamom. All thinges
sowre are commended, as wel in diet conseruatiue,
as in that whiche is curatiue or healeth, excepte
where there is straytnesse of the breste, or weake-
nes of the stomak, than ought they to be tempred
with sugar, salt, almond milke, cynamom, pepper,
fenell, saffron, egges, and some thing that is fatte
or vnciuous. Capers ar good to be vsed with vi-
neger. These very fatte and salt, is not cōmended,
no more is colewortes, or any kynde of pulse, ex-
cept chittes: great peason, rapes, nor spynache is
good. Also there be forboden rokat and mustard,
muche wine and egges, except they be eaten with
sorell sauce, byneger or iuyce of orange: persely
and also parsnapes be good. newe wynes be noy-
full, let the meate be somewhat moxe than dynke.
but yet susteyn not to moch hunger nor thyſt. be
ware of lechery, of a clowdy wether and close, es-
chewe moche resorte or thronge of people, wyn-
des commynge from fennes or mores, from slepe
at none: vſe with your meate this poulder, san-
ders redde, halfe an ounce, cynamom thre dram-
mes and a halfe, saffron halfe a dramme. After
your meate, eate a lyttell of coriander sede, welle
preparcd. In the morynge, at a temperate fyre
kembe your hed backward, clense your body and
head of all superfluities: vſe also moderate fri-
casies, with swete perfumes, and odours, walſe
a iiiij often-

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oftentynes your face and handes with pure vynegar myxt with rose water. In cold wether myxt it with myntes, baulme, rue, or myntes, and some tyme cloues. In hotte sommer with roses or vynlettes. Aboue all thynges vse to take whyte wine good, white vynegar rosette, water of roses, in equall poxzions, put thervnto a lyttel setuale, or of the rynde of a citron, and dynke therof a lyttell, and oftentimes washe therwith your handes and vysage. Medicines preseruatiue agaynst the pestilēce, which be alway most redy, at these, a figge with rue, and a wal nutte eaten fastynge, also triakle, or mithridate, to old men a dramme weight, to yonge men halfe a dramme, or a scruple dissolued in vynegar and rose water, or in water of tormentill, scabiose, or balme, if the plague be in sommer: if it be in wynter, putte to the waters some white wine. Also the pilles callyd comonly Pillule Rasis, but in dede they were inuented by Rufus) are very excellent, specially if the aloe, whiche is in it, be washed, and therewnto added a lytel Bolus armenus, & terra sigillata, And if the person be of hot complexion, a quantitie of sozell sede, and red corall, this confectioned with syrope of citrons, in cold complexions, or to old men with white wyne, vse them euery thyrd day one pille at a time, three houres or fourre afore dinner or supper. If ye take triakle or Mithridate, absteyne from meate at the least syx houres after. A pece of the rote of setual, boorne in the mouth, preserueth from infection. In likewise doth sozell chewed fasting, and the iuyce sucked

sucked downe. To poore menne, Marsilius was
wont to gyue a toste of b̄eade steped in vineger,
with a piece of an onyon or rewe. All thinges whi-
che be cordiall, that is to say, which do in any wise
comfort the hart, do resist pestilēce, vehement an-
ger, or heuynesse, be very pernicious. other more
exquisite and costly preseruatiues. I purposely
passe ouer, which Marsilius, & other phisitions,
do write of abundantly, forasmoch as I desyre to
be in this warke compendious. One thing I had
almost forgotten, that there is no better preserua-
tive, than to fle from the place corrupted, betyme
and farre of, and to let none approche you, that
hath made their abode, where the plague is feruēt.
Mozeouer receyue not into your hous any stufse,
that comineth out of a house, wherin any person
hath ben infected. For it hath bene sene, that su-
che stufse lyenge in a cofer fast shutte by the space
of two yeres, after that the cofer hath bē opened,
they which haue stande nigh to it, haue ben infec-
ted, & sone after haue died. But here I alway ex-
cept the power of god, which is wonderful, & also
mercifull, aboue mās reson or couſell, pſeruyng or
striking whom, whā & where it shall like his maie-
ſtie, to whom be glory & prayſe euerlasting. Amen.
¶ Thus make I an ende of this treatyle, de-
ſyng them that shall take profit therby, to de-
ſende it agaynst enyouse dysdayne, on whome I
haue set the aduenture, for the loue that I beare
to my countrey: requyng all honest phisitions
to remember, that the intent of my labour was, ¶
men

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men and women redinge this warke, and obser-
vinge the counsayles therin, shulde adapte ther-
by their bodies, to receyue more sure remedy by
the medicines prepared by good phisitions in dā-
gerous syckenesses, they kepynge good dyet, and
inourmynge diligently the same phisitions, of þ
maner of their affectes, passions, and sensible to-
kens. And so shall the noble and moste necessarye
science of phisylke, with the ministers thereof, es-
cape the sclauder, which they haue of long tyme
susteyned, and accordyng to the precepte of the
wyse man, be worthely honoured, forasmuche as
the hyghest god dyd create the phisition, for mās
necessitie, And of the earth created medicine, and
þ wyse man shall not abhoze it. Thus fare ye wel
gentyll reders, and forget me not with your good
reporthe, and praye to God that I be never wārs
occupied.

LONDINI in ædibus Thomæ Berthe-
leti typis impress.

Cum priuilegio ad imprimen-
dum solum.

